

10 Lb (4.54 kg) Atlantic Cod Tails Skinless / Boned 5 oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic IQF Cod Tails represent the best of this highly popular species. Each can be prepared a variety of ways, and cooks easily to tender, flaky perfection to enliven any premium Cod recipe you have in mind.

Product Last Saved Date: 20 October 2025

Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g / About 1 Tail)

Amount Per Serving Calories

120

	% Daily Value
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 75 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 25 g	
Vitamin D 1.3 mcg	6%
Calcium 0 mg	0%
Iron 0.5 mg	2%
Potassium 590 mg	10%

Product Specifications :				
Code	GTIN	Type Of Catch		
21005497	10073538054972	WILD		

Brand	GPC Description	
Icelandic	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free	ı
11.6 LBR	10 LBR	Iceland	Undeclared	No	ı

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.28 INH	11.34 INH	5.12 INH	0.5134 FTQ	10x8	540 Days	-10 FAH / 0 FAH

Ingredients:

CONTAINS: FISH (COD)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal for any Cod entrée that calls for the freshest catch, including lighter main courses and healthier options. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No
CN Statement:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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