



10 Lb (4.54 kg) IQF Pacific Cod Loins 8 oz

Wild caught Pacific Cod is leaner with slightly more moisture content than its Atlantic cousin. High Liner Foodservice IQF Pacific Cod Loins are a superb example of this desirable part of the fish, with a pleasingly mild flavor and flaky texture that can amplify a number of your signature recipes. These versatile loins can be prepared a variety of ways, and cook easily to desired perfection without any unnecessary waste.

Product Last Saved Date: 01 July 2025

Nutrition Facts

20 Servings per container
Serving Size 8 oz (224g / About 1 Loin)

Amount Per Serving
Calories **160**

% Daily Value*

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 105 mg	36%
Sodium 250 mg	11%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 35 g

Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 530 mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
21020006	00079149200060	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, ID, VN, TH, PL, LT, ZA, US, CA, NA	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.855 INH	5.75 INH	0.4133 FTQ	15x6	540 Days	-10 FAH / 0 FAH

Ingredients :

COD. CONTAINS: COD (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F (70°C) MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal as a center of the plate entrée, atop a dinner salad or on a sandwich. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

