



10 Lb (4.54 kg) IQF Cod Portions 2.25 oz

High Liner Foodservice IQF Cod Portions come in various sizes to conveniently fit a variety of applications. These quality wild caught Cod make it easy to create exactly what you want without creating unnecessary waste, and can cook from frozen to baked, broiled or breaded perfection with the consistency and plate appeal you demand.

Product Last Saved Date: 01 July 2025



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g / about 2 pieces)

Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 200 mg	9%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 19 g	
Vitamin D 1 mcg	6%
Calcium 14 mg	2%
Iron 0 mg	0%
Potassium 367 mg	8%

* 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
21023015	00079149230159	WILD

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

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

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
15.875 INH	7.875 INH	6.5 INH	0.4703 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 155°F MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal for authentic fish and chips, a variety of entrées or as a sandwich. Pairs well with a variety of your own complementary sauces.

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

