

48 Lb (21.77 kg) Frozen-At-Sea Atlantic Cod Fillets 10 - 12 oz, 4 x 12 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, Icelandic Frozen-At-Sea Cod Fillets represent the very best of this highly popular species. These recipe-ready fillets can be prepared a variety of ways, and cook to desired tender, flaky perfection to enliven any premium Cod dish you have in mind.

Product Last Saved Date: 20 October 2025



Nutrition Facts

17 Servings per container

Serving Size 11 oz (308g / About 1 Fillet

Amoun	t Per	Serving
Cal	or	ies

260

Calories	
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 135 mg	45%
Sodium 170 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 56 g	
Vitamin D 2.8 mcg	15%
Calcium 50 mg	4%
Iron 1.2 mg	6%
Potassium 1290 mg	25%

	Product Specifications :				
	Code	GTIN	Type Of Catch		
1	21051062	10073538510621	WILD		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51.0 LBR	48 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x4	547 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:

nutrition advice.

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal as a center of the plate entrée, on a sandwich or atop a fresh salad. 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

Page 1 of 1

Printed on 31 October 2025 Powered by Syndigo LLC - http://www.syndigo.com