



## 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



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

17 Servings per container

Serving Size 11 oz (308g / About 1 Fillet)

Amount Per Serving

**Calories 260**

% 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%

\* 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
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	TlxHI	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' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

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:

