



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Blue Cod Fillets, approx. 113 g / 4 oz

With its mild taste and tender flesh. Blue Cod provides an ideal base from which to create signature dishes. Blue Cod's versatility, cost-effectiveness, and ease of use, has driven its popularity among family-style and casual restaurants. High Liner Foodservice Blue Cod is a premium fillet.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (113 g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0.3 g **2%**

Trans Fat 0 g

Cholesterol 70 mg **%**

Sodium 180 mg **8%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 19 g

Vitamin D **%**

Calcium 50 mg **4%**

Iron 0.4 mg **2%**

Potassium 250 mg **5%**

* 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
9881	10061763098816	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.955 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.152 CMT	25.452 CMT	13.505 CMT	0.013 MTQ	11x14	540 Days	

Ingredients :

Blue cod, Water, Sodium phosphate (to retain moisture). Contains: Blue cod (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Dredge Blue Cod Fillets in a seasoned flour and pan sear add white wine and capers for a delicious pan sauce.

Species / Scientific Name:

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)
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