



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	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	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'):		
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.

Species / Scientific Name:

Serving Suggestions:

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

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 17 July 2025
Powered by Syndigo LLC - <http://www.syndigo.com>