

# High Liner Foods, 20.412 kg / 45 lb, Shatterpack Pacific Cod Fillets, 454 - 907 g / 16 - 32 oz

Pacific Cod is known for its moist texture. It is slightly softer than and more moist than Atlantic Cod. High Liner Foodservice Brand Pacific Cod is long line caught, offering a beautiful white, tender piece of fish. It is a great option for Fish & Chips, pan-frying, baking or broiling.

Product Last Saved Date: 19 June 2025



## **Nutrition Facts**

Servings per container

Serving Size Per 100 g

### Amount Per Serving

60

Calories	60
	% Daily Value*
Total Fat 0.4 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 40 mg	%
Sodium 190 mg	8%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 14 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.1 mg	1%
Potassium 200 mg	4%

Product Specifications :						
Code	GTIN	Type Of Catch				
8894 10061763088947						

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
23.47 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
50.2 CMT	26.6 CMT	21.6 CMT	0.0288 MTQ	7x3	540 Days	

#### Ingredients:

Pacific cod fillets, Water, Sodium phosphate (toretain moisture). Contains: Pacific 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:

Cook until a minimum internal temperature of 158°F (70°C) is reached.

food contributes to a daily diet. 2,000 calories a day is used for general

### Species / Scientific Name:

#### Serving Suggestions:

unavailable

nutrition advice.

#### Claims & Child Nutrition:

BAP Certified: MSC Certified:

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

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