

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	
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	
Iron 0.1 mg	
Potassium 200 mg	
* 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		
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	TlxHI	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.

Species / Scientific Name:

Serving Suggestions:

unavailable

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

