

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: 31 August 2026

HIGH LINER FOODSERVICE™

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	1%
Iron 0.1 mg	1%
Potassium 200 mg	4%

* 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	

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' INII='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:

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:



