

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 **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	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' 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:

