

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Loins, approx. 113 g / 4 oz

High Liner Foodservice Signature Atlantic Cod has larger, more tender flakes and a sweeter flavour. This product is free of additives delivering a natural taste and texture. Its mild, clean flavour compliments any flavour profile. Our premium loins are cut from the tenderloin (a rectangular portion cut from the thickest part of the fillet). Loins have a consistent thickness. This product is sleeve vacuum-sealed for optimum protection.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 loin (113 g)

Amount Per Serving

Calories	90
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 60 mg	3%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 20 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 450 mg	10%

Product Specifications :					
Code GTIN		Type Of Catch			
3269	10061763032698				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
33.7 CM	24 CMT	18 CMT	0.0146 MTQ	14×10	540 Days	

Ingredients:

Cod. Contains: Cod (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 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.

Serving Suggestions:

Serve as an entrée with choice of side dishes, grilled, baked, or poached. Pan fry for homestyle appearance and serve with fries. Add to soup base for a hearty cod chowder.

Species / Scientific Name:

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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