



## 1/10 LB IQF Pacific Cod Loins 3 oz, MSC

These wild caught Fishery Product Pacific Cod Loins are a superb example of this premium part of the fish, with a deliciously mild flavor and unmistakable flaky texture that adds depth to any recipe you have in mind. Each can be prepared a variety of ways, and cooks easily to perfection in no time, delivering the exact plate consistency and appeal you demand.

Product Last Saved Date: 30 December 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

53 Servings per container

**Serving Size 3 oz (85g / About 1 Loin)**

Amount Per Serving

**Calories 60**

% Daily Value\*

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 40 mg **13%**

**Sodium** 190 mg **8%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 13 g

Vitamin D 0.4 mcg 2%

Calcium 0 mg 0%

Iron 0 mg 0%

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
1023393	10035493233939	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.739 LBR	10.0 LBR	CN, ID	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.625 INH	10 INH	5.12 INH	0.433 FTQ	11x8	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, SALT. CONTAINS: FISH (COD)

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

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal as a premium center of the plate entrée, atop a specialty salad or on a sandwich. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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