

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Cod Loins, approx 170-227 g / 6-8 oz

High Liner Foodservice Cod Loins are individually quick frozen for optimum freshness and convenience. With a mild sweet flavour, Cod can be used to prepare an array of dishes with different cooking methods.

Product Last Saved Date: 17 February 2025



Nutrition Facts

Servings per container

Serving Size **Per 100 g**

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0.1 g **1%**

Trans Fat 0 g

Cholesterol 40 mg **%**

Sodium 170 mg **7%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 15 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.2 mg **1%**

Potassium 300 mg **6%**

* 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
3480	10061763034807	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.152 CMT	25.452 CMT	13.005 CMT	0.0123 MTQ	12x6	540 Days	-25 CEL / -18 CEL

Ingredients :

Cod loins, Water, Sodium phosphate (to retain moisture). Contains: 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:

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:

Go the traditional route and batter for Fish and Chips and serve with French fries and coleslaw. Coat with an herb and parmesan crust and roast with a mixture of root vegetables. Pan-fry and serve on a beet risotto with glazed carrots.

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)
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