



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: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 loin (199 g)

Amount Per Serving
Calories 130

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 80 mg	%
Sodium 510 mg	22%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 30 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.5 mg	3%
Potassium 600 mg	18%

* 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	

Ingredients :
Cod, 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:

