

# 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' INI='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:

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:

