

## 10 Lb (4.54 kg) Atlantic Cod Dinner Cuts 5oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Loin Dinner Cuts represent the best of this highly popular species. Specially portioned for dinner entrees, each cooks to tender, flaky perfection and can be prepared a variety of ways for any recipe you have in mind.

Product Last Saved Date: 20 October 2025

# **Nutrition Facts**

32 Servings per container

Serving Size 5 oz (140g/About 1 Loin)

# Amount Per Serving Calories

120

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	20%
<b>Sodium</b> 75 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 25 g	
Vitamin D 1.3 mcg	6%
Calcium 20 mg	2%
Iron 0.5 mg	2%
Potassium 590 mg	10%

Product Specifications :					
Code GTIN		Type Of Catch			
21005794	10073538057942	WILD			

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

Gross Weight	Gross Weight Net Weight		Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.3125 INH	11.4375 INH	5.2375 INH	0.5308 FTQ	10x8	547 Days	-10 FAH / 0 FAH

#### Ingredients:

CONTAINS: FISH (COD)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - 30	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

#### Prep & Cooking Suggestions:

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

## Species / Scientific Name:

Atlantic Cod - Gadus morhua

# Serving Suggestions:

Ideal for fresh catch dinner entrées, including lighter main courses and healthier options. Pairs well with your own complementary signature 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) http://www.highlinerfoods.com

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