

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Fillets, approx. 113 – 170 g / 4 – 6 oz



High Liner Foodservice IQF Atlantic Cod Fillets feature the taste and texture that the experts prefer (white flesh and flakes easily with a fork when cooked); budget friendly (portion controlled); this product can be rolled or stuffed (very versatile); use your own special recipes, with pasta or breading, with our quality seafood.

Product Last Saved Date: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (142 g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 55 mg %

Sodium 200 mg 9%

Total Carbohydrates 0 g %

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes Added Sugars %

Protein 23 g

Vitamin D %

Calcium 20 mg 2%

Iron 0.5 mg 3%

Potassium 550 mg 12%

* 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
3485	10061763034852	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25.1 CMT	14.6 CMT	0.0136 MTQ	11x12	547 Days	-25 CEL / -18 CEL

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, refrigerate overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Use fillets as you would any popular white fish fillet. Ideal for value-priced Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

