

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: 04 June 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 | |

Ingredients :

Cod, Water, Sodium phosphate (toretain 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, refrigerate overnight. DO NOT THAW in warm water or at room temperature.

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.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

