

High Liner Signature, 4.54 kg / 10 lb, Atlantic Cod Portions, approx. 85 g / 3 oz

Harvested from the pristine North Atlantic waters off the east coast of Newfoundland and Labrador, these Atlantic Cod portions are processed and flash frozen within 2-3 days of catch. Meet your guests demands for premium seafood with these locally sourced Atlantic Cod portions. Canadian sourced.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 portion (85 g)

Amoun	t Per	Serving	
Cal	lor	ies	

60

Calories	00
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0.1 g	1%
Trans Fat 0 g	
Cholesterol 35 mg	%
Sodium 45 mg	2%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 15 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.3 mg	2%
Potassium 350 mg	10%

Product Specifications :				
Code	GTIN	Type Of Catch		
4102	10061763041027			

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

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

Shipping Information						
Lengt	h Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
36.8 CN	1T 26.2 CN	IT 13 CMT	0.013 MTQ	11x14	540 Days	

Ingredients:

Contains: Atlantic 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. 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:

Use as you would any popular white fish portion.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified: MSC Certified:

Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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