



# High Liner Foodservice, 5 x 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Tails, approx. 113 g / 4 oz

Patrons prefer mild flavoured white flaky fish. High Liner Cod offers consistent, our top quality, portion controlled cuts. Our offering is versatile enough to accommodate many cooking methods. • Cod tails are low in fat. • Cod tails have no trans fat. • Cod tails have no saturated fat. • Cod tails are an excellent source of protein.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 tail (113 g)**

**Amount Per Serving**  
**Calories 80**

	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 18 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 400 mg	9%

\* 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
12300207	10061763002073	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
37.15 CMT	25.45 CMT	13.51 CMT	0.013 MTQ	11x14	547 Days	

Ingredients :
Atlantic cod, Water, Sodium phosphate (to retain moisture). 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. 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.

### Species / Scientific Name:

### Serving Suggestions:

Use Atlantic Cod Tails as you would any popular white fish fillet. Use your own special recipes, batters or breadings to create your own signature entrées.

### Claims & Child Nutrition:

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

