

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: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 tail (113 g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 45 mg **%**

Sodium 160 mg **7%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 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	-25 CEL / -18 CEL

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:

