

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



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 | TlxHI | 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' INII='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, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

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.

Species / Scientific Name:

Claims & Child Nutrition:

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

