

# 10 Lb (4.54 kg) IQF Skinless/Boned Pacific Cod Portions 2.6 - 3.2 OZ

High Liner Foodservice IQF Pacific Cod Portions come in various sizes to conveniently fit a variety of applications. These quality wild caught Pacific Cod make it easy to create exactly what you want without creating unnecessary waste, and can cook from frozen to baked, broiled or breaded perfection with the consistency and plate appeal you demand.

Product Last Saved Date: 20 October 2025



## Nutrition Facts

55 Servings per container

Serving Size 2.9 oz (81g / About 1 Portion)

Amount Per Serving

**Calories 60**

% Daily Value\*

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 40 mg **13%**

**Sodium** 90 mg **4%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 13 g

Vitamin D 0.4 mcg 2%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 190 mg 4%

\* 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
21023267	10079149232679	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	CN, ID	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.813 INH	6.25 INH	0.4469 FTQ	15x6	547 Days	-10 FAH / 0 FAH

### Ingredients :

Contains: Fish (Cod)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal for authentic fish and chips, a variety of entrées or as a sandwich. Pairs well with a variety of your own complementary sauces.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



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