

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

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

Calories	00
	% 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%

	Product Specifications :						
	Code	GTIN	Type Of Catch				
id	21023267	10079149232679	WILD				

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

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

	Shipping Information						
Lengt	h	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.813 II	ИН	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'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### 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:







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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