

10 Lb (4.54 kg) IQF Cod Strips 1.75 - 2.25 oz

Cod have a mild flavor and work well with rich sauces and strong flavors. It is a good source of low-fat protein.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

Serving Size 112g/ABOUT 2 STRIPS

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 40 mg **13%**

Sodium 80 mg **3%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 20 g

Vitamin D %

Calcium 0%

Iron 2%

Potassium %

* 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
21025980	10073538259803	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.9 LBR	10 LBR	China	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.5 INH	7.5 INH	5 INH	0.3364 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:

ENTREE

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)
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