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 nutrifood contributes to a daily diet. 2,000 calories a day 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	TIxHI	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)

1	Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
ſ	Eggs - 30	Milk - 30	Soy - 30		
	Fish - C	Wheat - 30	TreeNuts - 30		
ľ	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:

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) http://www.highlinerfoods.com Page 1 of 1

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