



High Liner Signature, 4.54 kg / 10 lb, Atlantic Cod Tails, 170 - 227 g / 6 - 8 oz

Canadian sourced. Wild caught. Mild, slightly sweet taste with firm texture and delicate flake. Marine Stewardship Council CoC certified as a sustainable fishery. Portion controlled for consistent plate presentation and food cost.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 tail (198 g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0.3 g **2%**

Trans Fat 0 g

Cholesterol 85 mg **%**

Sodium 105 mg **5%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 35 g

Vitamin D **%**

Calcium 30 mg **2%**

Iron 0.75 mg **4%**

Potassium 800 mg **24%**

* 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
4108	10061763041089	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.926 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
36.8 CMT	26.2 CMT	13 CMT	0.013 MTQ	11x14	540 Days	

Ingredients :

Contains: Atlantic cod (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='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. 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:

Its mild, clean flavour compliments any flavour profile. Tail: this is the most economical piece of the fish. It is thinner than the centre cut and somewhat triangular in shape, the shape of a full fillet piece. This cut offers the greatest plate coverage.

Species / Scientific Name:

Claims & Child Nutrition:

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

