

50 Lb (22.68 kg) Atlantic Cod Loin, Prime Cuts, Size 8 - 10 oz, 5 X 10 Lb (4.54 kg), MSC

Fishery Product North Atlantic Cod Loin Prime Cuts are wild caught in the icy blue North Atlantic. This represents very best of the most desirable part of the fish, with a deliciously mild flavor and flaky texture that adds depth to any number of your recipes. Each cooks easily to perfection using almost any cooking method, with excellent plate consistency and no unnecessary waste.

Product Last Saved Date: 29 October 2025

Nutrition Facts

18 Servings per container

Serving Size 9 oz (252g / About 1 Loin)

Amount Per Serving Calories

190

9/	6 Daily Value
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 100 mg	33%
Sodium 360 mg	16%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 41 g	
Vitamin D 2.1 mcg	10%
Calcium 40 mg	29
Iron 0.9 mg	49
	20%

Product Specifications :				
Code	GTIN	Type Of Catch		
1022107	10035493221073	WILD		

Brand		GPC Description	
	FPI	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
57.5013 LBR	50 LBR	CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
19.9717 INH	9.5906 INH	11.5681 INH	1.2823 FTQ	10x4	540 Days	-10 FAH / 0 FAH

Ingredients:

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) 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:

Atlantic Cod - Gadus morhua

Serving Suggestions:

ldeal as a premium center of the plate entrée, atop a specialty salad or on a sandwich. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
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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