



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Blue Cod Fillets, approx. 85 g / 3 oz

With its mild taste and tender flesh. Blue Cod provides an ideal base from which to create signature dishes. Blue Cod's versatility, cost-effectiveness, and ease of use, has driven its popularity among family-style and casual restaurants. High Liner Foodservice Blue Cod is a premium fillet.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (85 g)**

Amount Per Serving

**Calories 70**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0.2 g **1%**

Trans Fat 0 g

**Cholesterol** 50 mg **%**

**Sodium** 135 mg **6%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 14 g

Vitamin D **%**

Calcium 40 mg **3%**

Iron 0.3 mg **2%**

Potassium 200 mg **4%**

\* 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
9880	10061763098809	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.152 CMT	25.452 CMT	13.505 CMT	0.013 MTQ	11x14	540 Days	

### Ingredients :

Blue cod, Water, Sodium phosphate (to retain moisture). Contains: Blue 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. FOR BEST RESULTS cook from frozen. 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:

Dredge Blue Cod Fillets in a seasoned flour and pan sear add white wine and capers for a delicious pan sauce.

### Species / Scientific Name:

### 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)  
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