



10 Lb (4.54 kg) Simple Serv IQF North Atlantic Cod Loins 3 oz

Wild caught in the icy blue North Atlantic, these Fishery Product Simple Serve® North Atlantic Cod Loins are a superb example of this desirable part of the fish. Simple Serve® means easy preparation to preserve this species' famously mild flavor and flaky texture, with excellent plate appeal and no unnecessary waste, no matter what recipe or cooking method you have in mind.

Product Last Saved Date: 16 April 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

53 Servings per container

Serving Size 1 piece (84g / 3oz)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 35 mg 12%

Sodium 45 mg 2%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 15 g

Vitamin D 0.8 mcg 4%

Calcium 10 mg 0%

Iron 0.3 mg 2%

Potassium 350 mg 8%

* 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
1023323	10035493233236	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	CN, VN, ID, CA	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.875 INH	4.875 INH	0.404 FTQ	12x8	547 Days	-10 FAH / 0 FAH

Ingredients :

COD. CONTAINS: COD (FISH)

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:

Atlantic Cod - Gadus morhua

Serving Suggestions:

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

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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