

10 Lb (4.54 kg) IQF North Atlantic Cod Loins 3 oz, MSC

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: 20 October 2025



FOODSERVICE™

Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g / About 1 Loin)

Amount Per Serving

60

Calories	00
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 120 mg	5%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 14 g	
Vitamin D 0.7 mcg	4%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 320 mg	6%

Product Specifications :				
Code	GTIN	Type Of Catch		
1023323 10035493233236		WILD		

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

Gross Weight	nt Net Weight Country of Origin		Kosher	Gluten Free
11.0 LBR	10.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.875 INH	4.875 INH	0.4040 FTQ	12x8	540 Days	-10 FAH / 0 FAH

Ingredients:

 ${\tt COD, WATER, SODIUM\ TRIPOLYPHOSPHATE\ (TO\ RETAIN\ MOISTURE).\ CONTAINS:\ FISH\ (COD)}$

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:

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: 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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