

10 Lb (4.54 kg) IQF Pacific Cod Loins 6 oz

Wild caught Pacific Cod is leaner with slightly more moisture content than its Atlantic cousin. High Liner Foodservice IQF Pacific Cod Loins are a superb example of this desirable part of the fish, with a pleasingly mild flavor and flaky texture that can amplify a number of your signature recipes. These versatile loins can be prepared a variety of ways, and cook easily to desired perfection without any unnecessary waste.

Product Last Saved Date: 20 October 2025



Nutrition Facts

27 Servings per container
Serving Size 6 oz (168g / About 1 Loins)

Amount Per Serving
Calories 120

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 80 mg **27%**

Sodium 190 mg **8%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 26 g

Vitamin D 0.9 mcg **4%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

Potassium 400 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
21020004	00079149200046	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, ID, VN, TH, PL, LT, ZA, US, CA, NA	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.855 INH	5.75 INH	0.4133 FTQ	15x6	540 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 158°F (70°C) MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal as a center of the plate entrée, atop a dinner salad or on a sandwich. Pairs 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)
<http://www.highlinerfoods.com>

Page 1 of 1

Printed on 29 May 2026
Powered by Syndigo LLC - <http://www.syndigo.com>