



10 Lb (4.54 kg) IQF Atlantic Cod Tails 4 oz

Wild caught Atlantic Cod is firmer and slightly sweeter than its Pacific Cousin. These Fishery Product Cod Tails are a premium example of how this Cod can amplify any signature recipe you have in mind, with superior consistency and plate appeal. Each can be prepared a variety of ways, and easily cooks to perfection in no time without unnecessary waste.

Product Last Saved Date: 16 April 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 1 piece (112 g / 4oz)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 60 mg 3%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 20 g

Vitamin D 1 mcg 6%

Calcium 20 mg 2%

Iron 0.4 mg 2%

Potassium 470 mg 10%

* 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
1023485	10035493234851	WILD

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.627 INH	10.021 INH	5.632 INH	0.478 FTQ	11x7	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 paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a center of the plate entrée, atop a specialty salad or in chowder. 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 April 2026
Powered by Syndigo LLC - <http://www.syndigo.com>