



20 Lb (9.07 kg) Atlantic Cod Fillet, 12-16 oz

Snow Cod is a premium, sustainably farmed Atlantic cod known for its firm texture and luminous white cod. Its clean, delicate flavor makes it a standout ingredient in both refined culinary creations and everyday meals. Responsibly raised to ensure year-round availability, Snow Cod offers consistent quality without compromising the environment. Celebrated by chefs and food lovers alike, it brings exceptional freshness and character to every plate.

Product Last Saved Date: 02 March 2026

Nutrition Facts

23 Servings per container

Serving Size 14 oz (392g / about 1 piece)

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 180 mg **60%**

Sodium 1200 mg **52%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein

Vitamin D 1.9 mcg 10%

Calcium 40 mg 4%

Iron 1.5 mg 8%

Potassium 1700 mg 35%

* 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
11250004	10035493500048	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
21.012 LBR	20 LBR	PL, NL, NO, LT, LV	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.675 INH	11.785 INH	6.85 INH	0.919 FTQ	8x6	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:

Keep Frozen, do not refreeze if thawed. Cook to a Minimum Temp of 158° F.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal for fresh catch dinner entrées, including lighter main courses and healthier options. Pairs well with your own complementary signature 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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