

# High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Fillets, approx. 142 g / 5 oz

Patrons prefer mild flavoured white flaky fish fillets. High Liner Cod offers consistent, top quality, portion controlled cuts. Our offering is versatile enough to accommodate many cooking methods. Use your own special recipes, batters or breadings to create your own signature entrées.

Product Last Saved Date: 04 June 2025



### **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (142 g)

## Amount Per Serving

100

Calories	100
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 200 mg	9%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
<b>Protein</b> 23 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.5 mg	3%
Potassium 550 mg	12%

Product Specifications :						
Code	GTIN	Type Of Catch				
3475	10061763034753					

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

	Shipping Information						
Lei	ngth	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.2	CMT	25.1 CMT	14.6 CMT	0.0136 MTQ	11x12	540 Days	

#### Ingredients:

Cod, Water, Sodium phosphate (to retain moisture). Contains: Cod (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - NI	Milk - NI	Soy - NI		
Fish - NI	Wheat - NI	TreeNuts - NI		
Peanuts - NI	Crustacean - NI	Sesame - NI		

#### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, refrigerate overnight. DO NOT THAW in warm water or at room temperature.

#### Serving Suggestions:

Use fillets as you would any popular white fish fillet. Ideal for value-priced Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

### Species / Scientific Name:

#### 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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