1/10 LB IQF Pacific Cod Loins Approx. 4 oz

These wild caught High Liner Foodservice IQF Pacific Cod Loins are an excellent example of this desirable part of this fish, leaner with slightly more moisture than Atlantic Cod. Each can be prepared a variety of ways, and cooks easily to desired perfection with the plate consistency and appeal you demand. A versatile, deliciously mild-flavored fish that can enliven whatever recipe you have in store.

Product Last Saved Date: 02 December 2024

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 1 Loin)

Amount Per Serving

Calories 70

	% Daily Value*
Total Fat 0 g	**0%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 50 mg	**16%**
Sodium 220 mg	**9%**
Total Carbohydrates 0 g	**0%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 16 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 240 mg	6%

* 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
21021172	00079149211721	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10.0 LBR	CN, ID, VN	Yes	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.855 INH	5.75 INH	0.4133 FTQ	15x7	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal for any Cod entrée that calls for the freshest catch, 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: