

#### 10 Lb (4.54 kg) IQF Atlantic Cod Tails 6 oz, MSC

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: 20 October 2025



## **Nutrition Facts**

27 Servings per container

Serving Size 6 oz (168 g / about 1 tail)

# Amount Per Serving

130

Calories	
	% Daily Value
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 240 mg	11%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 27 g	
Vitamin D 1.4 mcg	6%
Calcium 0 mg	0%
Iron 0.6 mg	4%
Potassium 630 mg	15%

Product Specifications :				
Code GTIN		Type Of Catch		
1023487	10035493234875	WILD		

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

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

	Shipping Information						
Length		Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14	.75 INH	10 INH	5.25 INH	0.4481 FTQ	12x6	547 Days	-10 FAH / 0 FAH

#### Ingredients:

 ${\tt COD, WATER, SODIUM\ TRIPOLYPHOSPHATE\ (TO\ RETAIN\ MOISTURE).\ CONTAINS:\ FISH\ (COD)}$ 

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### 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: 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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