



10 Lb (4.54 kg) Cod Fillet 8-9 oz

These wild caught Fishery Product Pacific Cod fillets have a deliciously mild flavor and unmistakable flaky texture that adds depth to any recipe you have in mind. Each can be prepared a variety of ways, and cooks easily to perfection in no time, delivering the exact plate consistency and appeal you demand.

Product Last Saved Date: 18 December 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

19 Servings per container

Serving Size 8.5 oz (238g/About 1 Fillet)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 115 mg **38%**

Sodium 260 mg **11%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 37 g

Vitamin D 1.2 mcg **6%**

Calcium 0 mg **0%**

Iron 0.4 mg **2%**

Potassium 570 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
21024625	00079149246259	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.07 LBR	10 LBR	China	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.847 INH	7.855 INH	6.498 INH	0.468 FTQ	15x6	547 Days	-10 FAH / 0 FAH

Ingredients :

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:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal as a premium center of the plate entrée, atop a specialty salad or on a sandwich. 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)
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