



## 10 Lb (4.54 kg) IQF Atlantic Cod Tails 5 oz

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: 16 April 2026



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

32 Servings per container

**Serving Size** 1 piece (140g / 5oz)

**Amount Per Serving**

**Calories** **120**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 60 mg **20%**

**Sodium** 75 mg **3%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 25 g

Vitamin D 1.3 mcg 6%

Calcium 20 mg 2%

Iron 0.5 mg 2%

Potassium 590 mg 15%

\* 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
1023486	10035493234868	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.9 LBR	10 LBR	CN, VN, ID, CA	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.627 INH	10.021 INH	5.632 INH	0.478 FTQ	11x14	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:

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:

Has CN Statement: No

CN Statement:

