

High Liner Foodservice Signature, 3 x 6.8 kg / 15 lb (20.41 kg / 45 lb), Atlantic Cod Fillets, 227 - 454 g / 8 - 16 oz

Patrons prefer mild flavoured white flaky fish fillets. High Liner Atlantic Cod Loins offers consistent, top quality, portion controlled cuts and 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



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size **Per 100 g**

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 45 mg **%**

Sodium 55 mg **2%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 18 g

Vitamin D **%**

Calcium **2%**

Iron **2%**

Potassium **%**

* 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 |
|------|----------------|---------------|
| 4826 | 10061763048262 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 23.47 KGM | | | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|------------|------------|------------|------------|-------|------------|----------------------|
| 50.356 CMT | 27.156 CMT | 22.613 CMT | 0.0309 MTQ | 7x3 | 540 Days | |

Ingredients :

COD FISH FILLETS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

| | | |
|--------------|-----------------|---------------|
| 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.

Species / Scientific Name:

Serving Suggestions:

Ideal for baking, searing, steaming and for Fish and Chips! Sear Atlantic Cod and serve with beet risotto and glazed carrots for a healthy, delicious entrée. Bake and serve on a bed of cherry tomatoes, fennel and black olives.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement: