

# 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: 17 February 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	-25 CEL / -18 CEL

### Ingredients :

COD FISH FILLETS

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

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: