



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Blue Cod Fillets, approx. 142 g / 5 oz

With its mild taste and tender flesh. Blue Cod provides an ideal base from which to create signature dishes. Blue Cod's versatility, cost-effectiveness, and ease of use, has driven its popularity among family-style and casual restaurants. High Liner Foodservice Blue Cod is a premium fillet.

Product Last Saved Date: 20 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (142 g)**

Amount Per Serving

**Calories 110**

% Daily Value\*

**Total Fat** 1.5 g **2%**

Saturated Fat 0.3 g **2%**

Trans Fat 0 g

**Cholesterol** 85 mg **%**

**Sodium** 220 mg **10%**

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

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 23 g

Vitamin D **%**

Calcium 50 mg **4%**

Iron 0.4 mg **2%**

Potassium 300 mg **6%**

\* 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
9886	10061763098861	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.955 KGM			Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
37.152 CMT	25.452 CMT	13.505 CMT	0.013 MTQ	11x14	540 Days	-25 CEL / -18 CEL

### Ingredients :

Blue cod, Water, Sodium phosphate (to retain moisture). Contains: Blue cod (fish).

### 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. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Serving Suggestions:

Dredge Blue Cod Fillets in a seasoned flour and pan sear add white wine and capers for a delicious pan sauce.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

