



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen, Pacific Cod Tails, approx 113 g / 4 oz

Cooked meat is white, lean and flaky with a mild taste. This affordable product is perfect for health care or contract feeding, and offers great profitability and taste. Tail: this is the most economical piece of the fish. It is thinner than the centre cut and somewhat triangular in shape, the shape of a full fillet piece. This cut offers the greatest plate coverage.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 tail (113 g)**

**Amount Per Serving**  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 55 mg	<b>%</b>
<b>Sodium</b> 340 mg	<b>15%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 17 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 250 mg	5%

\* 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
9874	10061763098748	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
36.8 CMT	25.1 CMT	12.4 CMT	0.0115 MTQ	12x15	540 Days	

### Ingredients :

Pacific cod. Contains: 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:

Serve pan fried or deep fried with batter or breading.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

