

# 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

70

Calories	10
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 340 mg	15%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 17 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 250 mg	5%

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		Height	Volume TixHI Shel		Shelf Life	ife Storage Temp From/To	
Γ	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:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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