

48 Lb (21.77 kg) Frozen-At-Sea Atlantic Cod Fillets 16 - 32 oz, 4 x 12 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, Icelandic Frozen-At-Sea Cod Fillets represent the very best of this highly popular species. These recipe-ready fillets can be prepared a variety of ways, and cook to desired tender, flaky perfection to enliven any premium Cod dish you have in mind.

Product Last Saved Date: 20 October 2025



Nutrition Facts

48 Servings per container

Serving Size 4 oz (1112g / About 1/6 Fillet)

Amoun	t Per	Serving	
Cal	or	ies	

Calories	90
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	16%
Sodium 60 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 20 g	
Vitamin D 1 mcg	6%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 470 mg	10%

	Product Specifications :					
	Code	GTIN	Type Of Catch			
ill	21051042	10073538510423	WILD			

Brand	GPC Description	
Icelandic	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free	ì
51 LBR 48 LBR		Iceland	Undeclared	No	ı

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x6	547 Days	-10 FAH / 0 FAH

Ingredients:

CONTAINS: FISH (COD)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal for any Cod entrée that calls for the freshest catch, including lighter main courses and healthier options. Pairs well with your own complementary signature sauces and sides.

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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