



4/12 Lb Frozen-At-Sea Atlantic Cod Fillets 16 - 32 oz, 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: 04 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

48 Servings per container

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

Amount Per Serving

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%

* 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 |
|----------|----------------|---------------|
| 21051042 | 10073538510423 | WILD |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 51 LBR | 48 LBR | Iceland | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | 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 - N | Milk - N | Soy - N |
| Fish - C | Wheat - N | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N |

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)
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