

### 10 Lb (4.54 kg) IQF Pacific Cod Loins Approx. 3 oz

These wild caught High Liner Foodservice IQF Pacific Cod Loins are an excellent example of this desirable part of this fish, leaner with slightly more moisture than Atlantic Cod. Each can be prepared a variety of ways, and cooks easily to desired perfection with the plate consistency and appeal you demand. A versatile, deliciously mild-flavored fish that can enliven whatever recipe you have in store.

Product Last Saved Date: 20 October 2025



## **Nutrition Facts**

53 Servings per container

Serving Size 3 oz (84g/About 1 Loin)

# Amount Per Serving Calories

**50** 

Calories	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 160 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 12 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 180 mg	4%

Product Specifications :				
Code	GTIN	Type Of Catch		
21021328	00079149213282	WILD		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, ID, VN, TH, PL, LT, ZA, US, CA, NA	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.855 INH	5.75 INH	0.4133 FTQ	15x6	547 Days	-10 FAH / 0 FAH

#### Ingredients:

 ${\tt COD, WATER, SODIUM\ TRIPOLYPHOSPHATE\ (TO\ RETAIN\ MOISTURE).\ CONTAINS:\ COD\ (FISH)}$ 

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:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F (70°C) MINIMUM.

## Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

#### 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:

Has CN Statement: No

CN Statement:









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

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