

High Liner Foodservice, 5 x 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Tails, approx. 142 g / 5 oz

Patrons prefer mild flavoured white flaky fish. High Liner Cod offers consistent, our top quality, portion controlled cuts. Our offering is versatile enough to accommodate many cooking methods. • Cod tails are low in fat. • Cod tails have no trans fat. • Cod tails have no saturated fat. • Cod tails are an excellent source of protein.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 tail (142 g)

Amount Per Serving Calories

100

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 200 mg	9%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 23 g	
Vitamin D	9/
Calcium 20 mg	2%
Iron 0.5 mg	3%
Potassium 550 mg	12%

Product Specifications :					
Code	GTIN	Type Of Catch			
12300208 10061763002080					

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.15 CMT	25.45 CMT	13.51 CMT	0.013 MTQ	11x14	547 Days	

Ingredients:

Atlantic cod, Water, Sodium phosphate (to retain moisture). Contains: Atlantic 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:

Use Atlantic Cod Tails as you would any popular white fish fillet. Use your own special recipes, batters or breadings to create your own signature entrées.

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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