

## 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: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

## 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 %

Calcium 20 mg 2%

Iron 0.5 mg 3%

Potassium 550 mg 12%

\* 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
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	TlxHI	Shelf Life	Storage Temp From/To
37.15 CMT	25.45 CMT	13.51 CMT	0.013 MTQ	11x14	547 Days	-25 CEL / -18 CEL

### 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.

### Species / Scientific Name:

### 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.

### 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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Page 1 of 1

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