

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Centre Cuts, approx. 85 g / 3 oz

High Liner Foodservice Signature Atlantic Cod has larger, more tender flakes and a sweeter flavour. This product is free of additives delivering a natural taste and texture. Its mild, clean flavour compliments any flavour profile. Centre Cut: this cut is taken from the centre of the fish. It is thinner than the loin, and therefore offers greater plate coverage. The portion is typically shorter and wider in shape than the loin. This product is sleeve vaccuum-sealed for optimum freshness.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 portion (85 g)

Amount Per Serving

Calories	70
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	%
Sodium 45 mg	2%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 15 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.3 mg	2%
Potassium 350 mg	7%

Product Specifications :					
Code GTIN		Type Of Catch			
6128	10061763061285				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.8 CMT	32 CMT	11.5 CMT	0.0139 MTQ	9x16	540 Days	

Ingredients:

Cod. Contains: 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:

Serve as Baked Cod with a roasted red pepper horseradish sauce. It is easy to make and busting with flavor. Fillets are seasoned with garlic pepper, then bathed in a spicy red pepper and horseradish sauce, topped with a Cajun breading, and baked until golden brown.

Species / Scientific Name:

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 Page 1 of 1

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