



## 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 vacuum-sealed for optimum freshness.

Product Last Saved Date: 06 May 2026



**HIGH LINER**  
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%**

\* 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
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	

### Shipping Information

Length	Width	Height	Volume	TlxHI	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' INI='Intentionally nor Inherently Included'):

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 bursting 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: 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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