

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Loins, approx. 142 g / 5 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. Our premium loins are cut from the tenderloin (a rectangular portion cut from the thickest part of the fillet). Loins have a consistent thickness. This product is sleeve vacuum-sealed for optimum protection.

Product Last Saved Date: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 loin (142 g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 60 mg **%**

Sodium 75 mg **3%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 25 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 0.5 mg **3%**

Potassium 600 mg **13%**

* 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 |
|------|----------------|---------------|
| 3270 | 10061763032704 | |

| 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 | TlxHI | Shelf Life | Storage Temp From/To |
| 33.7 CMT | 24 CMT | 18 CMT | 0.0146 MTQ | 14x10 | 540 Days | -25 CEL / -18 CEL |

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, remove from vacuum package, place in a suitable container, and refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Serve as an entrée with choice of side dishes, grilled, baked, or poached. Pan fry for homestyle appearance and serve with fries. Add to soup base for a hearty cod chowder.

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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