

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: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 loin (142 g)

Amount Per Serving

Calariaa

| 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% |

| Product Specifications : | | | | | |
|--------------------------|----------------|---------------|--|--|--|
| Code GTIN | | Type Of Catch | | | |
| 3270 | 10061763032704 | | | | |

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

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

| | Shipping Information | | | | | | |
|------|----------------------|--------|--------|------------|-------|------------|----------------------|
| Lei | ngth | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 33.7 | СМТ | 24 CMT | 18 CMT | 0.0146 MTQ | 14x10 | 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, 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: 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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