



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Tails, 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. The tail is the most economical piece of the fish. It is thinner than the centre cut and somewhat triangular in shape. This product is sleeve vacuum-sealed for optimum freshness. This cut offers the greatest plate coverage.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 tail (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
5682	10061763056823	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.8 CMT	32 CMT	11.5 CMT	0.0139 MTQ	9x14	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 AN ENTREE, PAN FRIED IN FLOUR, SERVE WITH DRAWN BUTTER, LEMON, NEW POTATOES AND, VEGETABLE MEDLEY.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

