



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Seasoned Pacific Cod Loins, approx. 113 g / 4 oz

Pacific Cod is low in fat. Pacific Cod is free of saturated fat. Pacific Cod is free of trans fat.

Product Last Saved Date: 17 February 2025



<b>Nutrition Facts</b>	
Servings per container	
<b>Serving Size Per about 1 loin (113 g)</b>	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 55 mg	<b>%</b>
<b>Sodium</b> 250 mg	<b>5%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 17 g	
Vitamin D	<b>%</b>
Calcium 10 mg	<b>1%</b>
Iron 0.2 mg	<b>1%</b>
Potassium 250 mg	<b>5%</b>
* 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
12300182	10061763001823	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25 CMT	12.6 CMT	0.0117 MTQ	12x6	547 Days	-25 CEL / -18 CEL

### Ingredients :

Pacific cod, Water, Salt. Contains: Pacific 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.

### Species / Scientific Name:

### Serving Suggestions:

Use as you would any popular white fish loin. Ideal for Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

### 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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