

# High Liner Foodservice, 5 x 4.54 kg / 10 lb, Atlantic Cod Loins, Our Prime Cut, approx. 284 – 340 g / 10 – 12 oz

Patrons prefer mild flavoured white flaky fish fillets. High Liner Cod offers our consistent, top quality, portion controlled cuts and is versatile enough to accommodate many cooking methods.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size** Per 100 g

Amount Per Serving

**Calories** **70**

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 40 mg **%**

**Sodium** 140 mg **6%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 16 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
12300206	10061763002066	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
49.5 CMT	23.4 CMT	26 CMT	0.03 MTQ	10x4	547 Days	

### Ingredients :

Atlantic Cod, Water, Sodium phosphate (to retain moisture). Contains: Atlantic Cod (fish).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='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:

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.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

