

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



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	
Iron 0.3 mg	
Potassium 350 mg	
* 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'):						
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:

