

High Liner Foodservice, 4.54 kg $\!\!\!/$ 10 lb, Individual Quick Frozen Cod Portions, 57 - 77 g $\!\!\!/$ 2 - 2.7 oz

Use as you would any popular white fish portion. Ideal for Battered Fish and Chips.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 2 portions (134

Amoun	t Per	Serving
Cal	or	ies

90

90	Calories		
% Daily Value*			
1%	Total Fat 0.5 g		
0%	Saturated Fat 0 g		
	Trans Fat 0 g		
%	Cholesterol 60 mg		
10%	Sodium 240 mg		
%	Total Carbohydrates 0 g		
0%	Dietary Fiber 0 g		
	Total Sugars 0 g		
%	Includes Added Sugars		
	Protein 22 g		
%	Vitamin D		
2%	Calcium 20 mg		
2%	Iron 0.4 mg		
13%	Potassium 450 mg		

	Product Specifications :					
	Code GTIN		Type Of Catch			
١.	2023	10061763020237				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.153 CMT	25.452 CMT	15.005 CMT	0.014 MTQ	11x11	540 Days	

Ingredients:

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, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Visit www.highlinerfoodservice.com for great recipes and meal ideas!

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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