



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: 17 February 2025



Nutrition Facts

Servings per container

Serving Size Per about 2 portions (134 g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 60 mg **%**

Sodium 240 mg **10%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 22 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 0.4 mg **2%**

Potassium 450 mg **13%**

* 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
2023	10061763020237	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
37.153 CMT	25.452 CMT	15.005 CMT	0.014 MTQ	11x11	540 Days	-25 CEL / -18 CEL

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

Printed on 22 February 2025
Powered by Syndigo LLC - <http://www.syndigo.com>