



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 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	

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.

Species / Scientific Name:

Serving Suggestions:

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

Claims & Child Nutrition:

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

