



High Liner Signature, 4.54 kg / 10 lb, Canadian Cod Fillets, 170 - 227 g / 6 - 8 oz

Harvested from the pristine North Atlantic waters off the east coast of Newfoundland and Labrador, these Atlantic Cod loins are processed and flash frozen within 2-3 days of catch. Meet your guests demands for premium seafood with these locally sourced Atlantic Cod loins. Canadian sourced.

Product Last Saved Date: 18 September 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (199 g)

Amount Per Serving	
Calories	150

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.3 g	2%
Trans Fat 0 g	
Cholesterol 85 mg	%
Sodium 105 mg	5%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 35 g	
Vitamin D	%
Calcium 30 mg	2%
Iron 0.75 mg	4%
Potassium 800 mg	24%

* 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
4113	10061763041133	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	26.2 CMT	13 CMT	0.013 MTQ	14x11	540 Days	

Ingredients :

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. 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 portion.

Species / Scientific Name:

Claims & Child Nutrition:

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

