



## 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: 24 November 2025



**HIGH LINER**  
FOODSERVICE™

## 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	TlxHl	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' INII='Intentionally nor Inherently Included'):

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:

