



High Liner Foods (Usa) Incorporated

003444 - Cod Loins lqf 6 Oz North Atlantic 10

Our premium wild caught North Atlantic Cod has a deliciously mild flavor and flaky texture that's perfect for any recipe. Available in a variety of portion sizes in loins, loin cuts, cellos, and tails.



Nutrition Facts

Serving Size: 6
Number of Servings per 27

Amount Per Serving

Calories: 130 Calories from Fat: 0

% Daily Value*

Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	65 mg	22%
Sodium	240 mg	11%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	%
Protein	27 g	%

Vitamin A	Per Srv %	Vitamin C	Per Srv %
Calcium	0%	Iron	4%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)
CONTAINS: FISH (COD)

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Prep & Cooking Suggestions

For best results cook from thawed. Cook as desired until internal temperature reaches 165°F.

📄 Product Specifications

Brand	Manufacturer	Product Category
HIGH LINER	High Liner Foods (Usa) Incorporated	Fish, Value Added

MFG #	SPC #	GTIN	Pack	Pack Desc.
1023329	003444	10035493233298	1	1 x 10 LB / CS

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11.5 lb	10 LB	No	CHN		

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.5 in	9.87 in	4.5 in	0.37 FT3	12x8	540 DAYS	0°f / 0°f



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Nutrition Analysis

Calories	130 kcal	Total Fat	1 g	Sodium	240 mg
Protein	27 g	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	0 g	Saturated Fat	0 g	Iron	0.6 mg
Sugars	0 g	Polyunsaturated Fat		Potassium	630 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	65 mg	Phosphorus	
Sucrose					
Vitamin A(IU)		Vitamin D	1.4 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

