

# 1/10 LB IQF Atlantic Cod Dinner Cuts 8 oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Loin Dinner Cuts represent the best of this highly popular species. Specially portioned for dinner entrees, each cooks to tender, flaky perfection and can be prepared a variety of ways for any recipe you have in mind.

Product Last Saved Date: 21 September 2024



## Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1/2 piece)

Amount Per Serving

**Calories 90**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 50 mg **17%**

**Sodium** 60 mg **3%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 20 g

Vitamin D 1 mcg **6%**

Calcium 20 mg **2%**

Iron 0.4 mg **2%**

Potassium 470 mg **10%**

\* 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
21005797	10073538057973	WILD

Brand	GPC Description
Icelandic	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.824 LBR	10 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.604 INH	11.667 INH	5.224 INH	0.55 FTQ	10x8	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD. CONTAINS: COD (FISH).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua

### Serving Suggestions:

Ideal for fresh catch dinner entrées, including lighter main courses and healthier options. Pairs well with your own complementary signature sauces and sides.

### Claims & Child Nutrition:

BAP Certified:  
 MSC Certified: Yes  
 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>