



10 Lb (4.54 kg) Fire Roasters Rustic Italian Cod Loins 5 oz

FPI Rustic Italian Cod Fillets are part of this original thick-cut, flame-seared line of seafood. These Rustic Italian Fillets feature the smoky on-trend FireRoasters™ seasoning with just the right amount of Italian kick. Each goes from microwave or oven to plate in minutes. The result is a deliciously moist, flaky Cod with authentic flame-seared flavor and appearance without the hassle of the grill.

Product Last Saved Date: 01 July 2025



Nutrition Facts

34 Servings per container  
Serving Size 4.7 oz (132g / About 1 Fillet)

Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 310 mg	13%
Total Carbohydrates 2 g	1%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%
Protein 22 g	
Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 0.6 mg	4%
Potassium 500 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
1029662	10035493296620	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :						
COD, WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, NATURAL SMOKE AND GRILL FLAVOR, MALTODEXTRIN, LEMON JUICE SOLIDS, PALM OIL, TAPIOCA DEXTRIN, GELATIN, NONFAT MILK, DEXTROSE, DEHYDRATED BUTTER (CREAM, SALT), SALT, DEHYDRATED RED BELL PEPPER, SPICES, TOMATO POWDER, GARLIC POWDER, CORN SYRUP SOLIDS, YEAST EXTRACT, NATURAL FLAVORS. CONTAINS: FISH (COD), MILK						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish, charred side up, on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 14-18 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 24 -28 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Ideal as a center of the plate star, as a unique sandwich, to add a unique grilled fish flavor to salads. Pairs well with fresh veggies and your favorite signature sauce.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

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

