

# 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: 20 October 2025



**HIGH LINER**  
FOODSERVICE™



## 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 |             |

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

|                |                   |                 |
|----------------|-------------------|-----------------|
| Eggs - INII    | Milk - C          | Soy - INII      |
| Fish - C       | Wheat - INII      | TreeNuts - INII |
| Peanuts - INII | Crustacean - INII | Sesame - INII   |

### 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:

