



5/10 Lb Atlantic Cod Loin, Prime Cuts, Size 10-12 oz, MSC

Fishery Product North Atlantic Cod Loin Prime Cuts are wild caught in the icy blue North Atlantic. This represents very best of the most desirable part of the fish, with a deliciously mild flavor and flaky texture that adds depth to any number of your recipes. Each cooks easily to perfection using almost any cooking method, with excellent plate consistency and no unnecessary waste.

Product Last Saved Date: 27 May 2025

Nutrition Facts

15 Servings per container
Serving Size 11 oz (308g/About 1 Loin)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 2 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 120 mg	40%
Sodium 440 mg	19%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 50 g	
Vitamin D 2.5 mcg	15%
Calcium 50 mg	4%
Iron 1.1 mg	6%
Potassium 1160 mg	25%

* 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
1022109	10035493221097	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.895 LBR	50.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 INH	10.24 INH	9.25 INH	1.068 FTQ	10x4	540 Days	-10 FAH / 0 FAH

Ingredients :

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

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 as a premium center of the plate entree, atop a specialty salad or on a sandwich. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

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

