

## 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: 25 September 2024



## 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:



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Page 1 of 1

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