



10/5 LB Atlantic Cod Cello (Boned) 1 - 3 ct NOT FOR RETAIL SALE, MSC

These Fishery Product Cod Cellos feature premium Cod wild caught in the icy blue North Atlantic. Firmer and slightly sweeter than its Pacific cousin, this Cod can add zing to any number of your recipes. Each can be portioned and prepared a variety of ways, opening up endless possibilities for your menu.

Product Last Saved Date: 02 July 2025



# Nutrition Facts

20 Servings per container

**Serving Size** 4 oz (112g)

**Amount Per Serving**

**Calories** 80

	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 18 g	
Vitamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 420 mg	8%

\* 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
1021000	10035493210008	WILD

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

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

**Shipping Information**

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.75 INH	10.25 INH	13 INH	1.1000 FTQ	12x3	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 center of the plate entrée, on a sandwich or in chowders. Pairs well with your own complementary sauces and sides.

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

