



30 Lb (13.61 kg) Atlantic Cod Super Cellos, Skinless / Boned, Single Frozen, 15 X 2 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, these Icelandic Cod Super Cellos represent the best of this highly popular species. Each can be portioned and prepared a variety of ways, and easily cooks to tender, flaky perfection to enliven any premium Cod recipe you have in mind.

Product Last Saved Date: 28 July 2025



Nutrition Facts

8 Servings per container	
Serving Size	4 oz/112 g
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	16%
Sodium 60 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 20 g	
Vitamin D 1 mcg	6%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 470 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
21005475	00079149054755	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
30.78 LBR	30.0 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.5 INH	9.25 INH	6.75 INH	0.6685 FTQ	10x6	540 Days	-10 FAH / 0 FAH

Ingredients :
COD. 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 for any Cod entrée that calls for the freshest catch, including lighter main courses and healthier options. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:
BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

