



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: 26 August 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 | TlxHI | 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:

