

# 10/5 LB Atlantic Cod Fillets, Cello Pack, Skinless / Boned, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Cello fillets represent the best of this highly popular species. Each fillet can be 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: 02 December 2024



## Nutrition Facts

20 Servings per container

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

**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
21005120	10073538051209	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.28 LBR	50.0 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.0625 INH	9.9375 INH	12.6875 INH	1.099 FTQ	12x3	540 Days	-10 FAH / 0 FAH

### Ingredients :

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:

Keep frozen! Store at or below 0°F (-18° C) • Do not refreeze after thawing! Preparation Instructions: Baked: Thaw fillets enough to separate. Add salt to milk and mix. Dip fillets into milk and roll in crumbs; place in well greased baking pan. Pour melted butter or margarine over fillets. Bake in hot oven at 500°F for 10 minutes. Broiled: Thaw fillets enough to separate. Sprinkle with salt and pepper. Place fillets on a pre-heated greased pan about 2 inches from the heat and brush with melted butter or margarine. Broil 5 to 8 minutes. Baste and turn carefully. Brush other side with butter or margarine and broil an additional 5 to 8 minutes. Boiled: Thaw frozen fish fillets enough to separate and cut in pieces 2-3 inches long. Bring water to boiling point and add salt. Add fish and bring to a boil again. Boil gently for 3 minutes. Serve with melted butter. Pan Fried: Thaw fillets enough to separate. Sprinkle with salt and pepper. Beat an egg slightly and blend with 1 tablespoon of milk. Dip fillets in the egg + milk mixture. Fry fillets in moderate heat in about 1/8 inch butter or margarine and 1 tablespoon vegetable oil. Drain on absorbent paper. For food safety and quality, please follow these cooking instructions: Fish is fully cooked when it reaches an internal temperature of 155°F minimum. WARNING: While effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

### 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.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua

### Claims & Child Nutrition:

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



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Printed on 22 February 2025  
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