



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: 01 July 2025



Nutrition Facts

20 Servings per container	
<b>Serving Size</b>	<b>4 oz (112g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>16%</b>
<b>Sodium</b> 60 mg	<b>3%</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> 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:

