



## 10 Lb (4.54 kg) Atlantic Cod Tails Skinless / Boned 5 oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic IQF Cod Tails represent the best of this highly popular species. Each can be prepared a variety of ways, and cooks easily to tender, flaky perfection to enliven any premium Cod recipe you have in mind.

Product Last Saved Date: 06 February 2026

# Nutrition Facts

32 Servings per container  
**Serving Size 5 oz (140g / About 1 Tail)**

**Amount Per Serving**  
**Calories** **120**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 60 mg **20%**

**Sodium** 75 mg **3%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 25 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 0.5 mg 2%

Potassium 590 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
21005497	10073538054972	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.604 INH	11.667 INH	5.224 INH	0.55 FTQ	10x8	540 Days	-10 FAH / 0 FAH

### Ingredients :

CONTAINS: FISH (COD)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - 30	Milk - 30	Soy - 30
Fish - C	Wheat - 30	TreeNuts - 30
Peanuts - 30	Crustacean - 30	Sesame - 30

### 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:

