

# 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	

### 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' INII='Intentionally nor Inherently Included'):

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

### 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:



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