



## 1/10 Lb IQF Pacific Cod Loins 8 oz

Wild caught Pacific Cod is leaner with slightly more moisture content than its Atlantic cousin. High Liner Foodservice IQF Pacific Cod Loins are a superb example of this desirable part of the fish, with a pleasingly mild flavor and flaky texture that can amplify a number of your signature recipes. These versatile loins can be prepared a variety of ways, and cook easily to desired perfection without any unnecessary waste.

Product Last Saved Date: 02 December 2024

Nutrition Facts	
20 Servings per container	
Serving Size 8 oz (224g / About 1 Loins)	
Amount Per Serving	
<b>Calories</b>	<b>160</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> 105 mg	<b>36%</b>
<b>Sodium</b> 250 mg	<b>11%</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> 35 g	
Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 530 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		
21020006	00079149200060	WILD		
Brand		GPC Description		
High Liner Foodservice		Fish - Unprepared/Unprocessed (Frozen)		
Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.513 LBR	10.0 LBR	CN, ID, VN	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.813 INH	6.375 INH	0.4558 FTQ	15x6	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:

Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal as a center of the plate entrée, atop a dinner salad or on a sandwich. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

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

