



48 Lb (21.77 kg) Frozen-At-Sea Atlantic Cod Fillets 10 - 12 oz, 4 x 12 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, Icelandic Frozen-At-Sea Cod Fillets represent the very best of this highly popular species. These recipe-ready fillets can be prepared a variety of ways, and cook to desired tender, flaky perfection to enliven any premium Cod dish you have in mind.

Product Last Saved Date: 29 July 2025



Nutrition Facts

17 Servings per container
Serving Size 11 oz (308g / About 1 Fillet)

Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 135 mg	45%
Sodium 170 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 56 g	
Vitamin D 2.8 mcg	15%
Calcium 50 mg	4%
Iron 1.2 mg	6%
Potassium 1290 mg	25%

* 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
21051062	10073538510621	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51.0 LBR	48 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x4	547 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:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

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

Claims & Child Nutrition:

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

