

# 1/10 LB IQF Cod Strips 1.75 - 2.25 oz

Cod have a mild flavor and work well with rich sauces and strong flavors. It is a good source of low-fat protein.

Product Last Saved Date: 03 December 2024



## Nutrition Facts

40 Servings per container

**Serving Size 112g/ABOUT 2 STRIPS**

Amount Per Serving

**Calories 90**

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 40 mg **13%**

**Sodium** 80 mg **3%**

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

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 20 g

Vitamin D %

Calcium 0%

Iron 2%

Potassium %

\* 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 |
|----------|----------------|---------------|
| 21025980 | 10073538259803 | WILD          |

| Brand                  | GPC Description                        |
|------------------------|--|
| High Liner Foodservice | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 10.9 LBR     | 10 LBR     | China             | Undeclared | No          |

## Shipping Information

| Length   | Width   | Height | Volume     | TlxHI | Shelf Life | Storage Temp From/To |
|----------|---------|--------|------------|-------|------------|----------------------|
| 15.5 INH | 7.5 INH | 5 INH  | 0.3364 FTQ | 15x6  | 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:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

## Serving Suggestions:

ENTREE

## Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



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