



50 Lb (22.68 kg) Atlantic Cod Loin, Prime Cuts, Size 8 - 10 oz, 5 X 10 Lb (4.54 kg), MSC

Fishery Product North Atlantic Cod Loin Prime Cuts are wild caught in the icy blue North Atlantic. This represents very best of the most desirable part of the fish, with a deliciously mild flavor and flaky texture that adds depth to any number of your recipes. Each cooks easily to perfection using almost any cooking method, with excellent plate consistency and no unnecessary waste.

Product Last Saved Date: 29 July 2025

# Nutrition Facts

18 Servings per container

**Serving Size 9 oz (252g / About 1 Loin)**

Amount Per Serving

Calories

190

	% Daily Value*
<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 100 mg	<b>33%</b>
<b>Sodium</b> 360 mg	<b>16%</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> 41 g	
Vitamin D 2.1 mcg	10%
Calcium 40 mg	2%
Iron 0.9 mg	4%
Potassium 950 mg	20%

\* 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
1022107	10035493221073	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
57.5013 LBR	50 LBR	CN, VN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.9717 INH	9.5906 INH	11.5681 INH	1.2823 FTQ	10x4	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) 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:**

Atlantic Cod - Gadus morhua

**Serving Suggestions:**

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

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

