

SEA BEST

00075391024546 - COD PACIFIC 5 OUNCE LOIN SKINLESS BONELESS IN...

Wild Caught



MARKETING

Our skinless, boneless Cod loins are processed from wild caught Cod. Cod has a mild, clean flavor and large, tender flakes. The texture of cod is firm and tender, yet flaky, and it's slightly firmer than haddock. The mild flavor of cod makes it extremely versatile, and it works well with a wide variety of seasonings and sauces. Each loin is individually quick frozen and bulk packed for optimal freshness and convenience.



PRODUCT SPECIFICATIONS



Code		GTIN			Pack Description		
6137331		00075391024546					
Brand	Brand Owner			GPC Description			
SEA BEST	Beaver Street Fisheries Inc.			Fish - Unprepared/Unprocessed (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition	
11.807 LBR	10 LBR	No		CN, IS	Undeclared	No	
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15.98 INH	12.01 INH	3.25 INH	0.361 FTQ	10x10	1095 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
TRACEABILITY_REGULATION		FSMA	N/A		N/A		

HANDLING SUGGESTIONS



Keep frozen. Do not refreeze.

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - MC

Nutrition Facts

40 Servings per container

Serving Size4 oz

Amount Per ServingCalories90

% Daily Value*

Total Fat 1 g1%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 50 mg17%

Sodium 60 mg3%

Total Carbohydrates 0 g0%

Dietary Fiber 0 g0%

Total Sugars 0 g

Includes 0 g Added Sugars0%

Protein 20 g

Vitamin D 1 mcg4%

Calcium 18 mg2%

Iron 0.43 mg2%

Potassium 470 mg10%

* 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.

INGREDIENTS



Cod, Sodium Tripolyphosphate (to retain moisture).

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PREPARATION & COOKING SUGGESTIONS

This fish tastes delicious baked, broiled, pan-seared, breaded and fried, grilled or poached. Cook to an internal temperature of 145°F.

SERVING SUGGESTIONS

Serve with sides like rice pilaf, quinoa salad, roasted potatoes or sautéed vegetables for a center-of-the-plate approach. Or you can also serve this fish in entrées such as fish tacos, sandwiches, salads, wraps, soups and stews, stir-fry, curry, pasta, and any other dish as a delicious alternative to beef, chicken and pork.

MORE INFORMATION