



10 Lb (4.54 kg) IQF Atlantic Cod Tails 4 oz, MSC

Wild caught North Atlantic Cod is firmer and slightly sweeter than its Pacific Cousin. These Fishery Product Cod Tails are a premium example of how this Cod can amplify any signature recipe you have in mind, with superior consistency and plate appeal. Each can be prepared a variety of ways, and easily cooks to perfection in no time without unnecessary waste.

Product Last Saved Date: 02 July 2025



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g / About 1 Tail)

Amount Per Serving
Calories **80**

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 160 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 18 g	
Vitamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 420 mg	8%

* 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
1023485	10035493234851	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.02 LBR	10.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.75 INH	10 INH	5.25 INH	0.4481 FTQ	11x14	547 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 paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a center of the plate entrée, atop a specialty salad or in chowder. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

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

