

5/10 Lb Atlantic Cod Loin, Prime Cuts, Size 6 - 8 oz, 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: 05 November 2024



Nutrition Facts

23 Servings per container

Serving Size 7 oz (196g / About 1 Loin)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 1 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 75 mg **26%**

Sodium 280 mg **12%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 32 g

Vitamin D 1.6 mcg 8%

Calcium 30 mg 2%

Iron 0.7 mg 4%

Potassium 740 mg 15%

* 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
1022105	10035493221059	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.895 LBR	50.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 INH	10.24 INH	9.25 INH	1.068 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:



Information subject to change without notice at the discretion of High Liner Foods (USA)
<http://www.highlinerfoods.com>

Page 1 of 1

Printed on 22 February 2025
Powered by Syndigo LLC - <http://www.syndigo.com>