

10 Lb (4.54 kg) Cod Fillet 8-9 oz

These wild caught Fishery Product Pacific Cod fillets have a deliciously mild flavor and unmistakable flaky texture that adds depth to any recipe you have in mind. Each can be prepared a variety of ways, and cooks easily to perfection in no time, delivering the exact plate consistency and appeal you demand.

Product Last Saved Date: 18 December 2025



Nutrition Facts

19 Servings per container

Serving Size 8.5 oz (238g/About 1 Fillet)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 115 mg **38%**

Sodium 260 mg **11%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 37 g

Vitamin D 1.2 mcg **6%**

Calcium 0 mg **0%**

Iron 0.4 mg **2%**

Potassium 570 mg **10%**

* 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
21024625	00079149246259	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.07 LBR	10 LBR	China	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.847 INH	7.855 INH	6.498 INH	0.468 FTQ	15x6	547 Days	-10 FAH / 0 FAH

Ingredients :

CONTAINS: COD (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

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

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

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:

Has CN Statement: No

CN Statement:



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