

10 Lb (4.54 kg) IQF Atlantic Cod Tails 5 oz, MSC

Wild caught 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: 20 October 2025



Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g/About 1 Tail)

Amount Per Serving

100

Calories	
	% Daily Value
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 200 mg	9%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 23 g	
Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 0.5 mg	2%
Potassium 530 mg	10%

Product Specifications :					
Code	GTIN	Type Of Catch			
1023486	10035493234868	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	TIxHI	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:

 ${\tt COD, WATER, SODIUM\ TRIPOLYPHOSPHATE\ (TO\ RETAIN\ MOISTURE).\ CONTAINS:\ FISH\ (COD)}$

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

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:







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