



10 Lb (4.54 kg) IQF Pacific Cod Loins 8 oz, MSC

These wild caught Fishery Product Pacific Cod Loins are a superb example of this premium part of the fish, with 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: 01 July 2025



Nutrition Facts

20 Servings per container  
Serving Size 8 oz (224 g / About 1 Loin)

Amount Per Serving  
Calories 160

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 105 mg	36%
Sodium 500 mg	22%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 35 g	
Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 530 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
1023398	10035493233984	WILD

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.875 INH	5.125 INH	0.4247 FTQ	12x8	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, SALT. 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:

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: Yes  
Has CN Statement: No  
CN Statement:

