



10 Lb (4.54 kg) Atlantic Cod Dinner Cuts 4oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Loin Dinner Cuts represent the best of this highly popular species. Specially portioned for dinner entrees, each cooks to tender, flaky perfection and can be prepared a variety of ways for any recipe you have in mind.

Product Last Saved Date: 01 July 2025

Nutrition Facts

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

Amount Per Serving
Calories 90

% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 60 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 20 g	
Vitamin D 1 mcg	6%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 470 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
21005793	10073538057935	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.3125 INH	11.4375 INH	5.2375 INH	0.5308 FTQ	10x8	547 Days	-10 FAH / 0 FAH

Ingredients :
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 for fresh catch dinner entrées, including lighter main courses and healthier options. Pairs well with your own complementary signature sauces and sides.

Claims & Child Nutrition:

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

