COD PACIFIC 3 OUNCE LOIN SKINLESS BONELESS

SEA BEST | 10 POUND

Cod Loins deliver a rich, buttery flavor and a firm, flaky texture making them a very popular and versatile fish. With the high omega-3 oil content giving these fillets their delicious flavor, it may come as a surprise that they're naturally low in fat.

PRODUCT BENEFITS

ITEM ID
00075391004920

ALTERNATE ITEM #
6137131

MANUFACTURER
Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts	
Servings per container	40
Serving size	112 Gram 4 oz
Amount per serving	
Calories	90
Calories from Fat 10	
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	
Cholesterol 50mg	17%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	0%
Vitamin D 1mcg	4%
Calcium 18mg	2%
Iron 0.43mg	2%
Potassium 470mg	10%
Vitamin A 13	2%
Vitamin C 1.1	2%
Vitamin E 0.72	4%

INGREDIENT STATEMENT

Cod, Sodium Tripolyphosphate (to retain moisture)

ALLERGEN

Free from:Sesame Seeds and their derivatesFree from:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

OTHER INFO

PREPARATION INSTRUCTIONS
This fish tastes delicious baked, broiled, pan-seared, breaded and fried, grilled or poached. Cook to an

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

USAGE INSTRUCTIONS

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F