COD FILLET INDIVIDUAL VACUUM PACK MSC

SEA BEST | 2 POUND

Sea Best skinless, boneless Cod fillets are wild caught in the waters of the North Atlantic and processed from a MSC certified fishery. Cod is known as a mild, lean fish that is popular for its palate-friendly flavor. The neutral taste of cod allows accompanying flavors to infuse the flaky meat, and it adapts to the seasoning and sauces it's cooked in. Each Cod fillet is individually vacuum packed and poly bagged for optimal freshness and convenience.

PRODUCT BENEFITS
Wild Caught MSC Certified

ITEM ID
00075391056158

ALTERNATE ITEM #
7527810

MANUFACTURER
Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts	
Servings per container	8
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 derivatesMay contain:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F.

USAGE INSTRUCTIONS
Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed. This versatile fish is delicious baked, broiled, breaded and fried, sautéed, or steamed. Cook to an internal temperature of 145 degrees F.

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.