COD PACIFIC 8 OUNCE LOIN SKINLESS BONELESS

SEA BEST | 10 POUND

Our Cod Loins are skinless, boneless, and processed from wild caught Cod. Cod has a mild, clean flavor and large, tender flakes. The texture of cod is firm and tender, yet flaky, and it's slightly firmer than haddock. The mild flavor of cod makes it extremely versatile, and it works well with a wide variety of seasonings and sauces. Each loin is individually quick frozen and bulk packed for optimal freshness and convenience.

PRODUCT BENEFITS
Wild Caught

ITEM ID
00075391972151

ALTERNATE ITEM #
6137631

MANUFACTURER
Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	40
Serving size	112 Gram
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Cholesterol 50mg	17%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 20g	0%
Vitamin D 1mcg	6%
Calcium 18mg	2%
Iron 0.43mg	2%
Potassium 470mg	10%

The % Daily Value (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.

INGREDIENT STATEMENT

Cod, Water, 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

ALLERGEN STATEMENT

CONTAINS:
Fish or Fish Derivatives
FREE FROM:
Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

OTHER INFO

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

USAGE INSTRUCTIONS
Thaw under refrigeration for up to 24 hours. Prepare immediately. Cod is best prepared baked, broiled, fried, or sautéed. Cook to an internal temperature of 145 degrees F.

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
CHINA

ARRIVAL LIFESPAN (DAYS)
913

PRODUCTION LIFESPAN (DAYS)
1095

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F