

Frozen-At-Sea Cod Fillet Shatter Pack 8-10 oz.

From the pristine waters of Iceland, our variety of frozen-at-sea fillets and custom Cod portions are the very best of this popular species. Choose from a number of convenient cuts and sizes to perfect your premium Cod recipes.



Nutrition Facts

Serving Size: 112 GRM

Household Serving Size: ABOUT 1/2

Number of Servings per Package: 192

Amount Per Serving

Calories 90 Calories from Fat: 10

	Per Serving	% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	70 mg	3%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	20 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Pack	Type Of Catch
21051061	10073538510614	4 X 12 LBR	Wild

Brand	GPC Description
Icelandic Seafood	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51.0 LBR	48.0 LBR	Iceland	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
18.25	11 INH	10 INH	1.1617	9x4	547 Days	-15 FAH / -14 FAH

Ingredients :

Cod. CONTAINS FISH

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	

Prep & Cooking Suggestions:

For best results cook from frozen. Can be cooked from frozen or thawed. To thaw, place the fillet on a sheet pan in a single layer, cover with plastic wrap and refrigerate for 24 hours or thaw in sealed bag under cool running water. Preheat conventional oven to 400 to 425°F. Sprinkle fillet with lemon juice, salt and pepper

Serving Suggestions:

ENTREE

Species / Scientific Name:

Atlantic Cod / Gadus morhua

Claims & Child Nutrition:

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