

COD LOIN SKNLS BNLS 4 OZ

Marketing Message

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.

Feature Benefits

- Wild Caught

Item ID	00075391024522
Alternate Item #	6137231
Brand Name	SEA BEST
Manufacturer	Beaver Street Fisheries Inc.
Volume	.44 Cubic foot
Net Content	10 Pound

Nutritional

Nutrition Facts	
About 40 servings per container	
Serving Size	(112g)
Amount per Serving:	
Calories	90
	% DV*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 250mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 18mg	2%
Iron 0.4mg	2%
Potassium 470mg	10%
* The % Daily Value 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 formulation and packaging may change. Please refer to the product label for the most accurate information.

Ingredient Statement

Cod, Water, Sodium Tripolyphosphate (to retain moisture).

Allergen

Free from:Sesame Seeds and Their Derivatives  
May contain:Crustaceans and Their Derivatives  
Free from:Eggs and Their Derivatives  
Contains:Fish and Their Derivatives  
Free from:Milk and its Derivatives  
Free from:Tree Nuts and Their Derivatives  
Free from:Peanuts and Their Derivatives  
Free from:Soybean and its Derivatives  
Free from:Wheat and Their Derivatives

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 MAY CONTAIN: Crustaceans or Crustacean Derivatives

Claims

Certifications



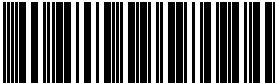
Shipping

1 Count								
Item ID	Level	Qty of Next Level Item(s)	Width	Depth	Height	Net Weight	Gross Weight	Pallet Ti/Hi
<a href="#">00075391024522</a>	Case	1	12 Inches	16 Inches	4 Inches	10 Pound	12.7 Pound	8 / 10

Temperature Activity Code	Trade Item is being stored or handled.
Minimum Temperature	-10 Degree Fahrenheit
Maximum Temperature	0 Degree Fahrenheit

Arrival Lifespan (Days)	913
Production Lifespan (Days)	1095

Case



00075391024522

Preparation Instructions

Cook to an internal temperature of 145°F

Usage Instructions

To thaw, place under refrigeration for up to 24 hours until thawed. 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

Region of Origin

EFL URLs

