



OCHOR

23326 - Cod Loin 4 Oz Iqf Wild Caught Phos Free

IQF Loins are available in a wide range of portions that allow you to choose the perfect size for your menu.



Nutrition Facts

Servings per Container 40
Serving size About 1 Loin (112g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 250mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 17g	
Vitamin D 0.6mcg	3%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 270mg	6%

* 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.

* Benefits

Ingredients

COD, WATER, SALT. CONTAINS: FISH (COD)

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

Entree

Prep & Cooking Suggestions

FOR FOOD SAFETY, KEEP FROZEN OF (-18C) UNTIL USED. PRODUCT MUST BE COOKED PRIOR TO CONSUMPTION. COOK TO A MINIMUM INTERNAL TEMPERATURE OF 155F.

📄 Product Specifications

Brand	Manufacturer
OCHOR	High Liner Foods (USA) Incorporated

MFG #	SPC #	GTIN	Pack	Pack Desc.
21023504	23326	10044105104000	1	1 / 10.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.88in	7.88in	5.75in	0.42ft3	15x7	540DAYS	0°F / 0°F



OCHOR

23326 - Cod Loin 4 Oz Iqf Wild Caught Phos Free

IQF Loins are available in a wide range of portions that allow you to choose the perfect size for your menu.



Nutrition Analysis - By Serving

Calories	80	Total Fat	0g	Sodium	250mg
Protein	17	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	270mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•		Vitamin D	0.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

