



Nutrition Facts

Serving Size: 6
Number of Servings per 27

Amount Per Serving

Calories: 130 Calories from Fat: 10

% Daily Value*

Total Fat	0.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	330 mg	11%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	%
Protein	27 g	%

Vitamin A	Per Srv 0%	Vitamin C	Per Srv 8%
Calcium	2%	Iron	2%

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

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

IQF Pacific Cod Loins are skinless, boned and easy to prepare for a variety of menu applications. Consistent year round flavor, texture and supply make this recipe ready product a must.

Ingredients

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE).
CONTAINS: FISH (COD)

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen. Defrost loins overnight, under refrigeration in a drip pan. Gently pat dry with paper towel before applying any seasoning or cooking.

Serving Suggestions

IQF Pacific Cod Loins can be served and cooked in a variety of menu applications such as Deep Frying, Baking, Broiling, Poaching, Grilling and Sauteing.

Prep & Cooking Suggestions

Defrost loins overnight, under refrigeration in a drip pan. Gently pat dry with paper towel before applying any seasoning or cooking. The white flesh and flaky texture allows for preparation in a variety of ways allowing versatility for operators. Cook as desired until internal temperature reaches 165°F.

📄 Product Specifications

Brand	Manufacturer	Product Category
PACKER LABEL	Great American Seafood	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
21023506	211511	10044105104024	1	1/10#

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16 in	10 in	5.13 in	0.48 ft3	10x5	0 DAYS	0°F / 32°F



Great American Seafood

211511 - Cod Loin Atlantic 6 Oz

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



Nutrition Analysis

Calories	110 kcal	Total Fat	0.5 g	Sodium	330 mg
Protein	27 g	Trans Fats	0 g	Calcium	
Total Carbohydrates...	0 g	Saturated Fat	0 g	Iron	
Sugars	0 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	55 mg	Phosphorus	
Sucrose					
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

