

PACKER LABEL 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 Fa	icts
	Servings per Container 27 Serving size About1Loin (6)		
		Amount per serving Calories	110
		% D	aily Value*
		Total Fat 0.5g	2%
		Saturated Fat 0g	0%
		Trans Fat 0g	
		Cholesterol 70mg	23%
🗱 Benefits		Sodium 330mg	14%
		Total Carbohydrate Og	0%
IQF Pacific Cod Loins are skinless, variety of menu applications. Cons	Dietary Fiber 0g	0%	
and supply make this recipe ready	Total Sugars 0g		
		Includes Added Sugar	%
Ingredients	Allergens	Protein 23g	
5		Vitamin D	%
COD, WATER, SODIUM	Contains:	Calcium	2%
TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD)	fish	Iron	2%
	Free From:	Potassium	%
	(Sorrestaceans) (Correstence of the eggs (Correstance of the ends) eggs (Correstance of the e	* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	

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 165F.

Product Specifications

Brand		Manufacturer	Pro	duct Category		
PACKER LABEL G		T AMERICAN SEAFOOE) Fis	Fish, Commodity		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
21023506	211511	10044105104024	1	1/10#		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
10.63lb	10lb	USA				
Shipping Information						

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



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0.5g	Sodium	330mg
Protein	23	Trans Fats Og		Calcium	
Total Carbohydrates…	Og	Saturated Fat Og		Iron	
Sugars	Og	Added Sugars		Potassium	
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol 70mg			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



Syndigo