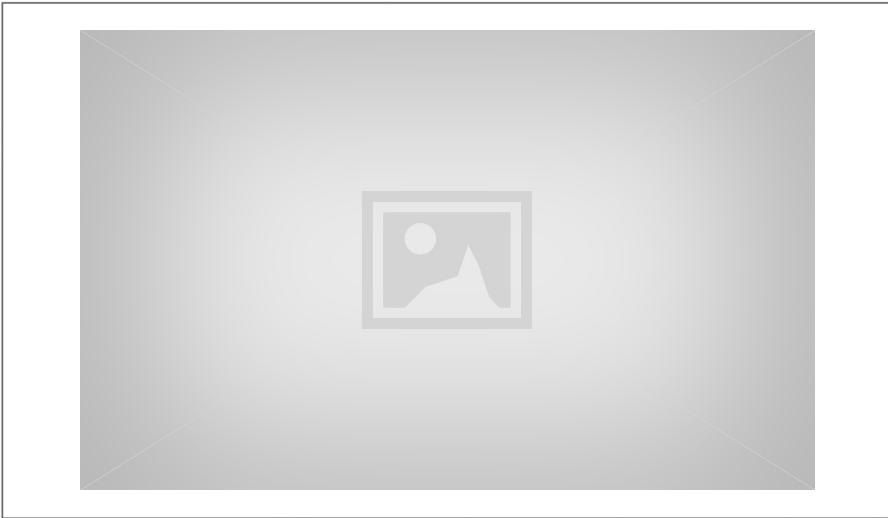




**PACKER LABEL**

**211511 - Cod Loins 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 Facts

Servings per Container **27**  
Serving size **About 1 Loins (6)**

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 0.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 23g	
Vitamin D	<b>%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Potassium	<b>%</b>

\* 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

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 165F.

### 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	Country of Origin	Kosher	Child Nutrition
10.63lb	10lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHl	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	0g	Calcium	
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	70mg		
Vitamin A(U)		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

