

#### **PACKER**

#### 211614 - Cod Loin 6 Oz

Our Atlantic cod fillets are wild-caught, frozen raw and individually vacuum packed to ensure fresh-off-the-boat taste. This white fish is mild, flaky and tender.





#### \* Benefits

Wild Caught Individually Vacuum Packed Skinless

Ingredients	Allergens
Cod	Contains:

# **Nutrition Facts**

Servings per Container Serving size

## **Amount per serving Calories**

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	· %
Protein	_
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### **Handling Suggestions**

KEEP FROZEN STORE AT OR BELOW OF (-18C)

## Serving Suggestions

Use in a classing Fish and Chips recipe

## Prep & Cooking Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).



## Product Specifications

Brand	Manufacturer
PACKER	EASTERN FISHERIES

MFG #	SPC #	GTIN	Pack	Pack Desc.
97C26022	211614	00829944113818	1	1/10#

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16in	10in	5.13in	0.48INQ	10x11	0DAYS	0°F / 32°F





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## **Nutrition Analysis**

Calories	Total Fat	Sodium
Protein	Trans Fats	Calcium
Total Carbohydrates···	Saturated Fat	Iron
Sugars	Added Sugars	Potassium
Dietary Fiber	Polyunsaturated Fat	Zinc
Lactose	Monounsaturated Fat	Phosphorus
Sucrose	Cholesterol	
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

0	Additional Images	

