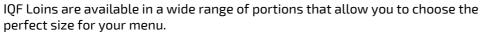
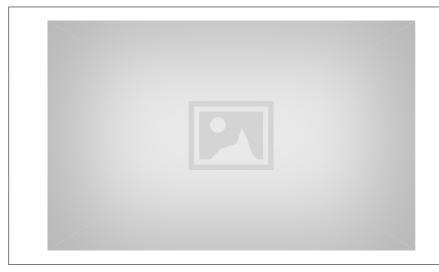


Great American Seafood

211835 - Cod Loin Atlantic 6 Oz







* 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	A Allergens
COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD)	Contains: fish Free From: crustaceans eggs milk peanuts soy tree nuts wheat

Nutrition Facts

Servings per Container 27 About1Loin (6) Serving size

Amount per serving Calories

110

•
% Daily Value*
2%
0%
23%
14%
0%
0%
%
%
2%
2%
%

* 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.

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			
		GREAT AMERICAN SEAFOOD			
MFG #	SPC #	GTIN	Pack	Pack Desc.	
21023506	211835	10044105104024	1	1/10#	
	-		-	-	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	
11lb	10lb	USA			
			•		

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.88in	7.88in	5.75in	0.42ft3	15x7	547DAYS	-15°F / -14°F





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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	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(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites	<u> </u>	Nitrates	

0	Additional Images		

