

IQF, Boneless Pacific Cod Fillets



Latin Name: Gadus macrocephalus

Country of Origin: USA

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: -0° F (- 18° C)

Frozen Shelf Life: 12 months

Size Ranges: 4 oz. -32 oz. portions

Ingredients: Cod

Contains: Fish (cod)

Key Selling Points:

- Prized for Its Mild Taste and Firm Texture
- Among the Best Managed Fisheries in the World
- Variety of Fillet Sizes
- Comparable to Atlantic Cod
- Firm Texture holds up to Many Cooking Applications

FLAVOR PROFILE



TEXTURE



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 4oz. (112g)

Amount Per Serving		% Daily Value*	
Calories 70		Calories from Fat 5	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 55mg			2%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 17g			
Vitamin A 8%	•	Calcium 0%	
Vitamin C 6%	•	Iron 0%	



*Percent Daily Values are based on a 2,000 calorie diet.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	.43	10/10	100

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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