



# COD FILLETS

<b>Product</b>	Cod Fillets
<b>Scientific Name</b>	<i>Gadus Macrocephalus</i>
<b>Brand</b>	Channel
<b>Form</b>	Fillets
<b>Country of Origin</b>	China
<b>Pack Size</b>	1 x 25 LB
<b>Pack Type</b>	IQF
<b>Net Weight (In LBS)</b>	25 LB
<b>Gross Weight (In LBS)</b>	27.8 LB
<b>Product Mix</b>	Cod
<b>Breaded/Battered</b>	N/A
<b>Bones In/Out</b>	Out
<b>Shell On/Off</b>	N/A
<b>Skin On/Off</b>	Off
<b>Tail On/Off</b>	Off
<b>Condition</b>	Frozen, Excellent
<b>Flavor Profile</b>	Mild
<b>Texture Profile</b>	Delicate
<b>Cooking Methods</b>	Baking, Broiling, Frying, Sautéing
<b>Seasonality</b>	All Year Round
<b>Handling Storage</b>	Keep Frozen at -18C or Less
<b>Farmed / Wild</b>	Wild
<b>Method of Catch</b>	Long Lines, Pole Lines, Trawling
<b>Ti/Hi</b>	8 x 8
<b>Case Dimensions</b>	17.3 x 12.1 x 7.1
<b>Shelf Life</b>	2 Years from Production Date
<b>Ingredients</b>	<i>Cod</i>



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>(85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

Size	Item Code	UPC #	GTIN
8-16 OZ	CO51420	724155002091	00724155002091
16-32 OZ	CO51425	724155813611	00724155813611

Standards	Limit	Unit
<b>Microbiology</b>		
TPC	500,000	MPN/g
E. Coli	10	MPN/g
Salmonella	ND	MPN/25g
Staphylococcus aureus	100	MPN/g
<b>Chemical</b>		
Histamine	< 35	ppm
Mercury	< 1	ppm



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