



Pacific Cod

IQF, Boneless, Skinless



Country of Origin: USA / Processed in China

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: 0° F (- 18° C)

Frozen Shelf Life: 730 Days

Size Ranges: Fillets, Loins, Portions (Custom Sizes Available)

Ingredients: Cod, water, sodium tripolyphosphate.

Contains: Fish (cod)

Key Selling Points:

- Prized for Its Mild Taste and Firm Texture
- Variety of Fillet Sizes
- Firm Texture holds up to Many Cooking Applications



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	
Calories 70	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 200mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg 0% • Calcium 0mg 0%	
Iron 0mg 0% • Potassium 291mg 0%	

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

FLAVOR PROFILE



TEXTURE



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	14/10	140

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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