

S P E C S H E E T

Specie:

Gadus Morhua

Sizing - Format:

3 oz IQF (1 X 4,54 kg) #267
4 oz IQF (1 X 4,54 kg) #266
5 oz IQF (1 X 4,54 kg) #250
6 oz IQF (1 X 4,54 kg) #268
7 oz IQF (1 X 4,54 kg) #269
8 oz IQF (1 X 4,54 kg) #270
6-8 oz prime cut (4 X 4,54 kg) #314

Origin: Norway, North Atlantic

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Moist, mild and sweet

Features:

The loin is a select cut of the thick part of the fillet
Skinless
Boned
IQF Product

Ingredients:

Cod, water and sodium tripolyphosphate (to retain moisture)

Shelf life:

24 months after freezing date
Freezer : -18 C or less
Fridge : 48 hours

Do not refreeze thawed product



| Valeur nutritive Nutrition Facts | |
|---|--|
| Par longe (113 g) / Per loin (113 g) | |
| Calories 84 | % valeur quotidienne * % Daily Value* |
| Lipides / Fat 0.6 g | 1 % |
| saturés / Saturated 0 g | |
| + trans / Trans 0 g | 0 % |
| Glucides / Carbohydrate 0 g | |
| Fibres / Fibre 0 g | 0 % |
| Sucres / Sugars 0 g | 0 % |
| Protéines / Protein 19 g | |
| Cholestérol / Cholesterol 58 mg | |
| Sodium 102 mg | 4 % |
| Potassium 363 mg | 7 % |
| Calcium 13 mg | 1 % |
| Fer / Iron 0.1 mg | 1 % |

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup
* 5% or less is a little, 15% or more is a lot

