

S P E C S H E E T

Specie:

Gadus Macrocephalus

Sizing - Format:

3 oz IQF (1 X 4,54 kg) #333

4 oz IQF (1 X 4,54 kg) #283

5 oz IQF (1 X 4,54 kg) #284

6 oz IQF (1 X 4,54 kg) #285

7 oz IQF (1 X 4,54 kg) #286

8 oz IQF (1 X 4,54 kg) #287

Origin: Alaska

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Firm, 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 (114 g) / Per loin (114 g)	
Calories 79	% valeur quotidienne * % Daily Value*
Lipides / Fat 0.66 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 18 g	
Cholestérol / Cholesterol 40 mg	
Sodium 315 mg	13 %
Potassium 409 mg	12 %
Calcium 0 mg	0 %
Fer / Iron 0 mg	2 %

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

