

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)

Contains / Allergens :

Fish

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)

	% valeur quotidienne * % Daily Value*
Calories 84	
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