

ALASKAN WHITE FISH – COD



PETERPAN
SEAFOODS, INC.

ALASKAN WHITE FISH COD

(*Gadus macrocephalus*)

BUYER'S INFORMATION

True cod, also referred to as grey cod or Pacific cod, are desirable for their mild flavor and tender yet firm meat texture. The cooked meat is white, lean and flaky with low fat content. The delicate flavor of true cod lends itself to a variety of sauces and seasonings. Utilized the world over in various product forms make this one of the most universally used and versatile fish species.

FORMS

H&G: Whole headed and gutted fish
Eastern (J-Cut)

Fillets: Skin Off / Boneless

NUTRITION

Serving Size: 4 oz raw (112 g)
Calories: 93
Calories from Fat: 14
Protein: 20 g
Total Fat: 0.8 g
Saturated Fat: 0.1 g
Trans Fat: 0 g
Cholesterol: 49 mg
Sodium: 61 mg
Total Carbohydrates: 0 g
Dietary Fiber/Sugars: 0 g
Omega 3 Fatty Acids: 0.2 g

SPECIFICATIONS

H&G

Eastern: Call for availability and other carton size possibilities.

Size	Package	Tote
1-3 lb.	IQF	1,200 lb.
3-5 lb.	IQF	1,200 lb.
5-7 lb.	IQF	1,200 lb.
7-9 lb.	IQF	1,200 lb.

Fillets: Whole sides of cod, with the pin bone and skin removed.

Size	Package	Carton
Under 4 oz.	Shatterpack	3/15 lb.
4-8 lb.	Shatterpack	3/15 lb.
8-16 lb.	Shatterpack	3/15 lb.
16-32 lb.	Shatterpack	3/15 lb.
32 and up	Shatterpack	3/15 lb.

DIMENSIONS

Product Description	Package Size	Net Weight	Case Weight	Pallet Configurations		Cases Per Truckload	Dimensions L" x W" x H"	Cube	Density
				Boxes	Pallet				
Cod Shatter Pack	3/15	45 lbs	48 lbs.	50	10x5	850-900	19.50" x 10.50" x 8.25"	0.98	49.10



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