

PACIFIC COD LOIN



OCEANIC[™]
BRAND

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SEAFOODS INC.

PACIFIC COD LOIN

(Gadus macrocephalus)

BUYER'S INFORMATION

Pacific cod, also referred to as Alaska cod or True 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 pacific 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

Loin Skin Off / Boneless

NUTRITION

Serving Size:	4 oz raw (113 g)
Calories:	90
Calories from Fat:	0
Protein:	20 g
Total Fat:	0.5 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	40 mg
Sodium:	80 mg
Total Carbohydrates:	0 g
Dietary Fiber/Sugars:	0 g
Omega 3 Fatty Acids:	150 mg

SPECIFICATIONS

Size 2oz to 8oz	Package IQF	Carton 1/10 lb.	Avg. Pieces per Case Varies by size
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DIMENSIONS

Product Description	Package Size	Net Weight	Gross Weight	Pallet Count	Pattern	Dimensions L" x W" x H"	Cube
All Loins	1/10 lb.	10 lbs.	12 lbs.	126	18 x 7	11.55" x 8.50" x 7.05"	0.40



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