

ALASKAN PACIFIC COD



PETERPAN[®]
SEAFOODS, INC.

ALASKAN PACIFIC COD

(Gadus macrocephalus)

BUYER'S INFORMATION

Pacific cod, also referred to as Grey 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

H&G: Whole headed and gutted fish
Collar Bone on
Fillet: Skin Off / Boneless
Loins: 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

H&G

Eastern: Call for availability and other carton size possibilities.

Size	Package	Tote
5-un lb.	IQF	1,200 lb.
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Fillet: Whole Fillet of cod, with the pin bone and skin removed.

Size	Package	Carton
Under 4 oz.	Shatterpack	3/15 lb.
4-8 oz.	Shatterpack	3/15 lb.
8-16 oz.	Shatterpack	3/15 lb.
16-32 oz.	Shatterpack	3/15 lb.
32 oz 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	10 x 5	850-900	19.50" x 10.50" x 8.25"	0.98	49.10



Seattle, Washington U.S.A.

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