



Sea Best
1067622180 - 8 Oz Cod Loins

Sea Best boneless, skinless, wild caught Cod Loins deliver a rich, buttery flavor and a firm, flaky texture making them one of our most popular and versatile fish. Cod is aslo an excellent source of protein and B vitamins, and it's naturally low in fat and calories. Each fillet is individually vacuum sealed to keep all the fresh, delicious flavor locked in.



* Benefits

Ingredients

Cod

⚠ Allergens

Contains:

fish

May Contain:

crustaceans

Free From:

eggs dairy peanuts sesame
 soy tree nuts wheat

Nutrition Facts

Servings per Container 40
Serving size 4oz (112g)

Amount per serving
Calories 90

% Daily Value*	
Total Fat	1g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	50mg 16%
Sodium	60mg 2%
Total Carbohydrate	0g 0%
Dietary Fiber	0g 0%
Total Sugars	0g
Includes 0g Added Sugars	0%
Protein	20g
Vitamin D	1µg 5%
Calcium	18mg 1%
Iron	0.43mg 2%
Potassium	467mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serve as entree.

Prep & Cooking Suggestions

Cook to an internal temperature of 145°F.

📄 Product Specifications

Brand	Manufacturer	Product Category
Sea Best	Beaver Street Fisheries Inc.	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6137631	1067622180	00075391972151	0	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.85lb	10lb	CHN	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75in	12in	3.5in	0.38ft3	8x10	1095DAYS	-10°F / 0°F



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COD LOINS 8 OZ



Nutrition Analysis - By Serving

Calories	90kcal	Total Fat	1g	Sodium	60mg
Protein	20g	Trans Fats	0g	Calcium	18mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0.43mg
Sugars	0g	Added Sugars	0g	Potassium	467mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•	13NIU	Vitamin D	1µg	Thiamin	
Vitamin A(RE)		Vitamin E	0.72mg	Niacin	
Vitamin C	1.1mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

