

Item # 86054

Cod, 12/24 ounce skinless fillets Iceland



Portion

100 gram

PC # 86054
ICYBAY FRESH COD
 12-24 OZ FILLETS
 SKINLESS BONELESS
 INGREDIENTS: Cod
 Pack 1/10 lbs.
 Product of Iceland
 Wild Caught
 NET WT 10 LB (4.54 kg)
 SG PO#
 Pack Date:




0073129860541

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
86054	073129860541	00073129860541	Cod	12/24oz Cod, Skinless Iceland	10	10	15	10

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration Tl x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
86054	0.692	18.125 x 11 x 6	8 x 7	56	Iceland Responsible Fisheries	Cod	ICYBAY	Boston