

Alda Brand Cod Item Codes

PRODUCT CODE	PRODUCT	SIZE	WEIGHT per UNIT	UNITS per CASE
051	Cello-wrap Cod Fillets	1 - 3 count	15 lbs	10 x 5 lbs.
061	Shatter Pack Cod Fillets	4 - 8 oz.	15 lbs	3 x 15 lbs.
062	Shatter Pack Cod Fillets	8 - 12 oz.	15 lbs	3 x 15 lbs.
063	Shatter Pack Cod Fillets	12 - 16 oz.	15 lbs	3 x 15 lbs.
064	Shatter Pack Cod Fillets	16 - 32 oz.	15 lbs	3 x 15 lbs.
041	IQF Cod Fillets (J-Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
042	IQF Cod Fillets (J-Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
043	IQF Cod Fillets (J-Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
044	IQF Cod Fillets (J-Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
045	IQF Cod Fillets (J-Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
046	IQF Cod Fillets (J-Cut)	16 oz. + up	10 lbs.	1 x 10 lbs.
071	IQF Cod Fillets (Loinless - E/U Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
072	IQF Cod Fillets (Loinless - E/U Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
073	IQF Cod Fillets (Loinless - E/U Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
074	IQF Cod Fillets (Loinless - E/U Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
075	IQF Cod Fillets (Loinless - E/U Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
022	IQF Cod Loins	2 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
023	IQF Cod Loins	3 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
024	IQF Cod Loins	4 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
025	IQF Cod Loins	5 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
026	IQF Cod Loins	6 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
027	IQF Cod Loins	7 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
028	IQF Cod Loins	8 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
032	IQF Cod Tails	2 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
033	IQF Cod Tails	3 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
034	IQF Cod Tails	4 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
035	IQF Cod Tails	5 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
036	IQF Cod Tails	6 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.

Alda Brand Cod Nutritional Facts

Nutrition Facts	
Cod, Atlantic ▾	
Amount Per 4 oz (113.3 g) ▾	
Calories 93	
	% Daily Value*
Total Fat 0.8 g	1%
Saturated fat 0.1 g	0%
Polyunsaturated fat 0.3 g	
Monounsaturated fat 0.1 g	
Cholesterol 49 mg	16%
Sodium 61 mg	2%
Potassium 468 mg	13%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 20 g	40%
Vitamin A	0%
Calcium	1%
Vitamin D	10%
Vitamin B-12	18%
Vitamin C	2%
Iron	2%
Vitamin B-6	15%
Magnesium	9%

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