

## North Breeze Longline Cod Item Codes

PRODUCT CODE	PRODUCT	SIZE	WEIGHT per UNIT	UNITS per CASE
3741	IQF Cod Fillets (J-Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
3742	IQF Cod Fillets (J-Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
3743	IQF Cod Fillets (J-Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
3744	IQF Cod Fillets (J-Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
3745	IQF Cod Fillets (J-Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.

## North Breeze Longline Cod Nutritional Facts

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