



Fruits de mer  
**ALLIANCE**  
Seafood Inc.

**Your Year-Round  
Seafood Source.**



# Blue Cod Fillet

Alliance Seafood provides the highest quality of Pacific Blue cod fillets.

Caught by traditional methods Alliance ensures our product is processed additive free and glazed for freshness.

## NUTRITIONAL FACTS/ VALEUR NUTRITIVE

PER 100G / PAR 100G 3.5OZ

Amount / Teneur

Calories / Calories 90

Fat / Lipides 0.8g	0%
Saturated / satures 0.1g	
+Trans / trans 0g	
Cholesterol / Cholesterol 0.3mg	
Sodium / Sodium 87mg	15%
Carbohydrate / Glucides 0g	0%
Fibre/Fibres 0g	0%
Sugars / Sucres 0.3g	
Protein / Proteines 20g	3.5%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium 6mg	0%
Iron / Fer 6mg	0%

## Cooking Instructions

Uncooked. Use as indicated in your recipe.

## Product Specifications

IQF 1 x 10lb case Skinless & boned  
1/2 oz variance—ie: 3oz fillet will weigh 2.5 to 3.5oz frozen (glaze removed)  
No preservatives or additives

### Folded Tails

3 oz Fillets **SCC:** 108-79601-00090-3 **Code:** 515900

4 oz Fillets **SCC:** 108-79601-00091-0 **Code:** 515910

### Non-Folded Tails

3 oz Fillets **SCC:** 108-79601-00168-9 **Code:** 515840

5 oz Fillets **SCC:** 108-79601-00215-0 **Code:** 515855

**SCC Code**

LISTED ABOVE

**Product Code**

LISTED ABOVE

**Case Dimension (cm)**

38 l x 27 w x 12 h

**Ti - Hi**

10 x 11



**Ingredients :** Blue Cod

**Allergens:** Blue Cod



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