

Alaskan Cod Loins

Wild, Single-Frozen Alaskan Cod



- >> SINGLE FROZEN
- >> ALL NATURAL
- >> PRECISE PORTION CONTROL
- >> SUSTAINABLY HARVESTED



Alaskan Cod Loins

Introducing Trident Seafoods' all-natural Alaskan Cod loins, the first and only single-frozen Alaskan Cod loins on the market. With our single-frozen Alaskan Cod, you'll get better flavor, whiter flake and firmer texture, plus there's less shrink loss for better plate coverage and presentation. Trident's precise portioning assures you that each delicious Alaskan Cod loin is consistently sized and cooks up beautifully—from the first piece to the last.

These premium Alaskan Cod loins are worthy of a signature recipe that celebrates the best cut from these fabulous wild fish. And don't forget traditional cod favorites like Cod Provençale; Baked Cod with New Potatoes, Parsley and Butter; or Herb Roasted Cod with Spring Vegetables. And here's more good news: Trident Alaskan Cod is certified sustainable by the Marine Stewardship Council, so you're assured of responsible harvesting and consistent supply.



Features & Benefits

>> SINGLE FROZEN

Better flavor, whiter flake, firmer texture, less shrink loss

>> ALL NATURAL

Wild caught; nothing added

>> PRECISE PORTION CONTROL

Tight weight specification means consistent cook times and cost control

>> SUSTAINABLY HARVESTED

Alaskan Cod is a certified sustainable fishery

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to thaw. Thawing instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

Even temperatures vary. Cook to an internal temperature of 145° F.

From thawed, allow 10 minutes of cooking time per inch of thickness at 350° F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Species Information

Wild Alaskan Cod is a large lean whitefish that's an excellent source of high quality protein. With a sweet flavor, delicate texture and a large melt-in-your-mouth flake, it's perfectly suited for a wide variety of menu applications.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
ALASKAN COD LOINS —Skinless, Boneless, Single frozen				
414483	3 oz. ALASKAN COD LOINS	1/10 lb.	53	0 00 28029 14483 3
414484	4 oz. ALASKAN COD LOINS	1/10 lb.	40	0 00 28029 14484 0
414485	5 oz. ALASKAN COD LOINS	1/10 lb.	32	0 00 28029 14485 7
414486	6 oz. ALASKAN COD LOINS	1/10 lb.	27	0 00 28029 14486 4
414487	8 oz. ALASKAN COD LOINS	1/10 lb.	20	0 00 28029 14487 1
10 LB. CASE: DIMENSION: (L x W x D) 16.125" L x 10.5" W x 4.5" D GROSS WEIGHT: 11.2 lb. CUBE: .44 TI HI: 12 x 9				

Nutrition Facts	
Serving Size 4 oz. (113g)	
Amount Per Serving	
Calories	70
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Alaskan Cod. Contains Fish (Alaskan Cod)



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