



OVEN-READY BREADED COD COD FILLET 3.5-4.5 OZ



FEATURES

BENEFITS

Premium seafood	Flaky texture inside a flavorful coating
Authentic breaded selection	Our traditional breading enhances premium quality coating
Nutritious and Fun	Combines the healthy benefits of seafood with a golden appeal
Ratio fish to breading	Delivers consistent ratio of fish to breading
Easy and quick to prepare	Ready for both convection and conventional oven
Coat retention	Breading adhered to fish for extended periods of time
Consistent piece size in every box	Control your costs by getting exactly what you pay for



ICYBAY Cod comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org



Product Facts

Slade Gorton Code	Certification	Flesh/Breeding Ratio	Pack/Size	Avg. Pieces/Case	Case Configuration L x W x H (in)	Case Cube	Pallet TI/Hi
25463	MSC	60/40	1/10#	40	13.19 x 9.44 x 6.563	0.473	14x8

Nutrition Facts - Portion

Nutrition Facts	
Serving Size 1 Fillet (112g) Servings Per Container 40	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 580mg	24%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 15g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*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 - 100g

Nutrition Facts	
Serving Size (100g) Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 510mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*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
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Raw

Cooked



UPC code: 00073129254630

GTIN: 00073129254630

LOT# ??????? 2661

PC# 25463MSC

**ICYBAY
RAW BREADED
NATURAL COD FILLET 3.5-4.5 OZ.**

INGREDIENTS: Cod, bleached wheat flour, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, contains less than 2% of: leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, Pollock protein, expeller pressed sunflower oil, yeast, sodium tripolyphosphate (to retain moisture), natural flavor, spice extractive, caramel color, extractives of paprika and annatto. **Contains: Cod, Wheat, Pollock.**

Cooking Instructions: Deep fry frozen fillets at 350°F for 4 1/2 to 5 1/2 minutes or until internal temperature reaches 160°F.

Made with all natural
NutraPure.
...a healthy collection

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2661

PC# 25463MSC

**ICYBAY
RAW BREADED
NATURAL COD FILLET 3.5-4.5 OZ.**



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DISTRIBUTED BY: SLADE GORTON & CO.,
BOSTON, MA 02118



SLADE GORTON
NO ONE ELSE.

Slade Gorton & Co., Inc.
225 Southampton St, Boston, MA 02118

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