



**Ideal for FRESH or even Frozen Seafood Cases**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.



READY IN MINUTES

# ALASKA COD WITH LEMON HERB BUTTER

Net weight 8 oz. (227g)

<b>SPECIES</b>	Cod
<b>ORIGIN</b>	Alaska
<b>UPC CODE</b>	8-8269496301-0
<b>CASE GTIN</b>	00882694963010
<b>PACKED</b>	12 x 8 oz.
<b>CASE DIMENSIONS</b>	14.19" x 9.44" x 8.19"
<b>PALLET TI-HI</b>	13 x 10
<b>NET WGT.</b>	780 lbs.
<b>SHelf LIFE</b>	18 months frozen from production date 7 days from thaw

With GO WILD™ Sensations, a delicious low calorie / low carbohydrate seafood dinner just got easier! Our flavorful all natural craft-butters and spice rubs speed preparation — so your customers can enjoy healthy, easy-to-prepare seafood, anytime they've got a craving!

**Cooking Instructions:** Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in a non-stick skillet on medium-high heat. Add fillets and pan-sear 4-5 minutes. Turn and cook 3-4 minutes until center is firm and opaque. Add the lemon herb butter and swirl, then plate the cod and spoon the melted butter over.

**INGREDIENTS: Cod**  
**Butter:** (cream, salt), lemon juice, parsley flakes, lemon zest (lemon peel, cane sugar, natural lemon flavor), garlic, lemon oil, food starch-modified, salt, black pepper.

CONTAINS: Fish, Milk  
Product of USA

*This Cod was responsibly sourced in Alaska from an MSC certified sustainable fishery.*



Wild, Natural & Sustainable®

Nutrition Facts	
2 servings per container	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 65mg	22%
<b>Sodium</b> 370mg	16%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 16g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 10mg	0%
<b>Iron</b> less than 1mg	2%
<b>Potassium</b> 255mg	6%

\*The % Daily Values (DV) tell you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

