

# Black Cod Portions



*All Seacore Seafood Products are 100% Net Weight*

## INGREDIENTS

B.C. Black Cod

## AVAILABILITY

All year long

## TEXTURE + FLAVOUR

Firm | Medium

## SCC CODE

10628772145414

UPC-A | EAN-13

628772145417

## PACKAGING TYPE

Retail Pack

## ITEM NUMBER(S)

145410

## AVAILABLE SIZE(S)

2 to 4oz Portions

## MASTER CASE

10 x 340g

## MASTER CASE WEIGHT

7.48 LB

3.4 KG

## UNIT WEIGHT

12oz

340g

## CAUGHT

Wild

## ORIGIN

Canada

**Housecut.ca**



## Nutrition Facts Valeur nutritive

Per 1 Portion (112g) Par 1 Portion (112g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 221	
<b>Fat / Lipides</b> 17 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	18 %
<b>Cholesterol / Cholestérol</b> 56 mg	
<b>Sodium / Sodium</b> 64 mg	2 %
<b>Carbohydrate / Glucides</b> 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	7 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	8 %