



ALASKA COD

Our Oyster Bay Alaska Cod Once Frozen, renowned for their firm texture and mild flavor, offers a versatile seafood choice that can be prepared in a variety of delicious ways. Alaska cod can be a delightful addition to your meal rotation, offering both flavor and health benefits.



For more information, please call / email us at
1.800.645.2211 / customerservice@harborseafood.com

OYSTER BAY[®]

ALASKA COD

FEATURES AND BENEFITS:

- Wild Caught
- Single Frozen
- Skinless, Boneless
- All Natural
- 24 Month Shelf Life
- MSC Certified (Cod Pieces - Retail 1 lb Bag)

MENU IDEAS:

The recipes are endless with Oyster Bay Alaska Cod. Serve them in fish tacos, fish fries, (cod) surf n' turf, hot pot, fish & chips, skewers, breaded nuggets and much more. Whatever you choose to create, Oyster Bay Alaska Cod will not disappoint.

HANDLING:

Keep frozen until ready to use. Thaw under refrigeration immediately before use. Raw, cook before consumption.

Nutrition Facts

Serving size 113g / 4 oz

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 125mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0.6mcg	4%
Calcium 30mg	2%
Iron 0.2mg	2%
Potassium 370mg	8%

* The % Daily Value (DV) tells 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.

Product Description	Cod Portions 1-3 oz & 3-6 oz
Pack Size	1 x 10 lb
Master Case Net Weight	10 lb
Case Dimensions & Case Cube	16.125" x 10.5" x 4.5" • 0.44
Pallet Ti x Hi	10 x 9
Method of Catch	Wild Caught
Storage	Keep Frozen
Shelf Life	24 months
Species	<i>Gadus macrocephalus</i>
Country of Origin	USA

1-3 oz (IQF)

Raw Alaska Cod Portions

HSF Item #: 549800
DOT Item #: 810648
GTIN: 00049029012090
BRAND: Oyster Bay

3-6 oz (IQF)

Raw Alaska Cod Portions

HSF Item #: 549804
DOT Item #: 814310
GTIN: 00049029012373
BRAND: Oyster Bay



Product Description	Cod Pieces 0.5 - 2 oz
Pack Size	12 x 1 lb
Master Case Net Weight	12 lb
Case Dimensions & Case Cube	15.875" x 9.9375" x 8.9375" • 0.82
Pallet Ti x Hi	12 x 5
Method of Catch	Wild Caught
Storage	Keep Frozen
Shelf Life	24 months
Species	<i>Gadus macrocephalus</i>
Country of Origin	USA

0.5 - 2 oz (VP)

Raw Alaska Cod Pieces

HSF Item #: 549798M
UPC: 049029012106
GTIN: 10049029012103
BRAND: Oyster Bay



MSC-C-50342

Seafood certified to MSC's environmental standard for fishing. www.msc.org



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