



**OCEANFOOD SALES LTD.**

## **NANUK SMOKED BLACK COD FILLETS**

**Oceanfood Sales Item W870**

**1 x 5 kg**

Fillets processed from longline black cod (sablefish)

Vacuum packed

Skin on, bone in

Country of origin: USA / Canada

Packed in Canada

Kosher (COR)

Storage: up to 24 months from production date,  
frozen at -18C or lower

\* Refrigerate after opening. Use within 3 days after thawing.



### **APPLICATIONS / MENU IDEAS**

- \* Perfect pan fried, baked, grilled or poached
- \* Serve as an entree with vegetables and rice
- \* Add to a salad, enhanced with a citrus dressing
- \* Use in chowders, seafood stews, or prepared with a miso paste marinade



**OCEANFOOD SALES LTD.**

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British Columbia | Alberta | Ontario | Quebec





OCEANFOOD SALES LTD.

# Nanuk Smoked Black Cod Fillets 1x5kg

## Oceanfood Sales Item - W870

### Product Specifications

Code	SCC	UPC	Units/Case	Unit Size/Measure
W870	90057841238706		1	5 kg

Brand	IFDA Class	IFDA Category	Division
Nanuk	Seafood	Frozen	Foodservice

Average Servings per Case	Country of Origin	Kosher	GST/HST
100	USA/Canada	Yes	No

### Shipping Information

Case Length	Case Width	Case Height	Case Gross Weight
53.34 cm	25.4 cm	15.24 cm	5 kg

TI x HI	Shelf Life	Storage Temp From/To
8 x 7	730 days	-18°C or lower

### Preparation & Handling Suggestions

Keep frozen prior to use. Open bag before thawing in the refrigerator for 6-8 hours. Thaw more quickly in cold water (in sealed bag) for 20 minutes. Open bag before placing in refrigerator. Do not thaw in microwave, in hot water, or at room temperature. Do not refreeze thawed product. Refrigerate after opening. Use within 3 days after thawing..

### Benefits

Line-caught and wild cod, Kosher certified and Ocean Wise recommended.

### Ingredients

Black cod, Salt and Natural wood smoke.

### For More Information

Contact Oceanfood Sales Ltd. Tel: 604-255-1414 Toll Free 1-877-255-1414

### Nutrition Facts / Valeur Nutritionnelle

Serving Size / Portion: 50 grams

Calculation Size / Portion Determinee : 50 grams

	Amount Per Serving / Teneur per Portion	% Daily Value* / % Valeur Quotidienne**
Calories/Calories	90	
Protein	7 g	
Total Fat	7 g	9%
Saturated Fat	2 g	10%
Transfatty Acids	0	0%
Cholesterol	20 mg	7%
Total Carbohydrates	0g	0%
Total Dietary Fibre	0 g	0%
Total Sugar	0 g	0%
Vitamin A	0	0%
Vitamin C	0	0%
Calcium	0	0%
Iron	0.1	1%
Sodium	190 mg	1%
Potassium	150 mg	3%
Vitamin D	0.8 mg	4%

\*\*Pourcentage la valeur quotidienne sont basés sur un régime de 2.000 calories. Vos valeurs quotidiennes peuvent être plus ou moins en fonction de vos besoins en calories.

	Calories	2,000	2,500
Lipides	moins de	75g	80g
Saturee + trans	moins de	20g	25g
Cholestérol	moins de	300mg	300mg
Sodium	moins de	2,300mg	2,400mg
Potassium		4,800mg	4,800mg
Glucides		275g	275g

Calories per gram

Lipides 9	Glucides 4	Proteines 4
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\*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	75g	80g
Sat. Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,300mg	2,400mg
Potassium		4,800mg	4,800mg
Total Carbohydrate		275g	275g

Calories per gram

Fat 9	Carbohydrate 4	Protein 4
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