

Home Food Service - Agostino

Item Specification Sheet

Company Packed For	TC, HFS
Product Name	Cod Filets
CSB ID#	116738
Pieces Per Package	1
Piece Weight (in ounces)	12 oz
Package Weight	0.75 LB
Label ID	4x4 Blank Label
General Features and Benefits	Ocean Fresh Seafood is fresh frozen and never thawed. Wild caught from Atlantic and Pacific waters and are products of either the United States or Canada.
Cooking Instructions	Grill on preheated grill or broil in preheated broiler 4" from heat. Cook about 3-5 minutes each side. Do not over cook. Check the center of the fish for doneness; the color should be barely opaque.
Ingredients	Cod

Nutrafacts

Nutrition Facts

Serv. Size 6 oz (170g)
 Serv. Per Cont. 2
Calories 140
 Fat Cal. 10

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1g	2%	Total Carb. 0g	0%
Sat. Fat 0g	0%	Fiber 0g	0%
<i>Trans</i> Fat 0g		Sugars 0g	
Cholest. 75mg	24%	Protein 30g	
Sodium 90mg	4%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 4%

Package and Box Labels



KEEP FROZEN

Cod Filets



Net Weight: 12 oz

Packed for Agostino Gourmet, Bristol PA