

ROYAL GREENLAND  
COD LOIN, SKINLESS, MSC  
140-160G, PBO, 5 KG, FROZEN

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Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. Thanks to the cod's upbringing in the ice-cold and clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely when cooked and with its high protein and low fat it offers a healthy and nutritious meal.

The loin is cut from the dorsal part of the fillet, which is also the thickest and leanest part. Loins from the Atlantic cod are uniform in size and shape, making them ideal for portion-servings or buffets.

### INGREDIENTS

Cod loins (fish). Water (protective glaze)

### SERVING

The Atlantic cod is popular across the world for its unique flavour and versatility in the kitchen. It is best cooked gently at low temperatures, to preserve the mild, natural flavours.

### COOKING INSTRUCTIONS

Prepare in oven at low heat or on pan lightly dusted medium heat

### THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

### CATCHING GEAR

Trawls

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Gadus morhua
Item number	130600854
Net weight incl. glaze	5500 g
Net weight excl. glaze	5000 g
Glaze (%)	10
Shelflife (days)	720
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	305 kJ / 73 kcal
Fat	0.4 g
- of which saturates	0.3 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	17 g
Salt	0.23 g

### ALLERGENS

Fish

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	6
Net weight (kg)	5
Height (mm)	111
Width (mm)	286
Length (mm)	392
EAN no.	5740301077145

### PALLET DETAILS

Masters in EUR 1/1 pallet	112
Masters per layer	8
Layers per pallet	14
Gross weight (kg)	697
Net weight (kg)	560
Height (mm)	1704
Width (mm)	800
Length (mm)	1200
EAN no.	5740301083238

### LANGUAGES ON LABEL

FR, IT, NL, FI, EN, DE, SE, DK