

RASTELLI'S™

EST. 1976

ICELANDIC COD

Preparation Instructions

Keep frozen until ready to prepare. Defrost under refrigeration until fully thawed. **Pan Sauté:** Preheat pan to medium high heat. Add 1 tablespoon oil and season cod as desired. When pan is hot, add cod portion to pan and let sear for about 3-4 minutes. Turn over and cook for additional 4-5 minutes or until fish flakes easily with fork. **Oven:** Preheat oven to 350°F. Lightly coat cod portions with oil or clarified butter and season as desired. Place on nonstick sheet pan and bake for 10-15 minutes or until meat feels firm to the touch.

Dist. by Rastelli Foods Group | Swedesboro, NJ 08085

KEEP FROZEN — Remove from package before thawing. Thaw under refrigeration and store below 38°F. Do not refreeze.

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Nutrition Facts

4 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1.5mcg	8%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 700mg	15%

*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.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

-  Keep refrigerated or frozen. Thaw in refrigerator or microwave.
-  Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or discard.
-  Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Ingredients: Fish (Cod)

NET WT 1.5 LBS (24 OZ)

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