

Cubes of Cod

Cubes 20x20x30 mm

Norwegian origin, caught in FA027



Product Characteristics

Latin name	Gadus Morhua												
Appearance	-												
Taste	Characteristic												
Smell	Fresh												
Consistency	Firm												
Raw Material	From fillet, no skin/no bone												
Portions	Uniform portions without spots Width Weight												
Defects	<table><thead><tr><th></th><th>Max</th></tr></thead><tbody><tr><td>Blood spot presence</td><td>2 %</td></tr><tr><td>Blood spot size max 3mm (1/portion)</td><td>5 %</td></tr><tr><td>Gapping max 1cm deep, 4cm wide</td><td>5 %</td></tr><tr><td>Bruising none</td><td>3 %</td></tr><tr><td>Melanosis none</td><td>1 %</td></tr></tbody></table>		Max	Blood spot presence	2 %	Blood spot size max 3mm (1/portion)	5 %	Gapping max 1cm deep, 4cm wide	5 %	Bruising none	3 %	Melanosis none	1 %
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Blood spot presence	2 %												
Blood spot size max 3mm (1/portion)	5 %												
Gapping max 1cm deep, 4cm wide	5 %												
Bruising none	3 %												
Melanosis none	1 %												
Packaging	Individual Quick Freezing (IQF) Bulk in 5kg boxes with plastic inner bag (blue) Optional in polybag ex. 500gr												
Microbiological limit	TPC <100 000 cfu/g Coliforme <10 cfu/g E Coli <10 cfu/g Staph.aureus <10 cfu/g Salmonella negative Listeria negative												



LM Processing AS, established in 1987, on the west coast of Norway, is a manufacturer of first-class sea products supplied throughout Europe and beyond.

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Our line of products originate from either a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery, or from a farm that has been independently certified to the ASC's standard for responsibly farmed seafood.

MSC-C-58817 ASC-C-03233

Nutrient	Quantity	Unit	Nutrient	Quantity	Unit
Edible part	45	%	Cholesterol	56	mg
Water	81	g	Carbohydrate, glycemic	0	g
Kilojoules	343	kJ	Starch	0	g
Kilocalories	81	kcal	Mono+Di saccharides	0	g
Fat	1.1	g	Sugar, added	0	g
Saturated fatty acids	0.1	g	Dietary fibre	0	g
C12:0	0	g	Protein	17.9	g
C14:0	0.01	g	Salt	0.1	g
C16:0	0.09	g	Alcohol	0	g
C18:0	0.03	g	Vitamin A	12	µg-RE
Transunsaturated fatty acids	0	g	Retinol	12	µg
Cis-mono unsaturated fatty acids	0.1	g	Beta-carotene	0	µg
C16:1 sum	0.01	g	Vitamin D	2	µg
C18:1 sum	0.05	g	Vitamin E	0.7	mg-ATE
Cis-poly unsaturated fatty acids	0.3	g	Thiamin	0.06	mg
C18:2n-6	0.02	g	Riboflavin	0.05	mg
C18:3n-3	0	g	Niacin	1.9	mg
C20:3n-3	0	g	Vitamin B6	0.12	mg
C20:3n-6	0	g	Folate	11	µg
C20:4n-3	0	g	Vitamin B12	1.5	µg
C20:4n-6	0.01	g	Vitamin C	0	mg
C20:5n-3 (EPA)	0.09	g	Calcium	12	mg
C22:5n-3 (DPA)	0.01	g	Iron	0.2	mg
C22:6n-3 (DHA)	0.16	g	Sodium	49	mg
Cis-poly unsaturated fatty acids, n-3	0.26	g	Potassium	402	mg
Cis-poly unsaturated fatty acids, n-6	0.03	g	Magnesium	23	mg
			Zinc	0.3	mg
			Selenium	22	µg
			Copper	0.02	mg
			Phosphorus	195	mg
			Iodine	279	µg



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