



**OCEANFOOD SALES LTD.**

## **Voyageur Lingcod Fillets**

**Oceanfood Sales Item V200**

**1 X 10 kg**

- \* Hook & line, frozen at sea, sustainable, BC caught
- \* No treatment for moisture retention or stabilization
- \* Skinless, boneless, vacuum packed
- \* Good source of lean protein and vitamin B-12
  
- \* Source: Canada
- \* Packed in Canada
- \* Storage: up to 12 months from production date, frozen at -18C or lower. Refrigerate after opening. Use within 3 days after thawing.



## **APPLICATIONS / MENU IDEAS**

- \* High quality, firm texture and mild tasting
- \* Perfect to grill, pan fry, poach, saute or bake
- \* Equally delicious for fish & chips, or baked, served with lemon and fresh herbs



**OCEANFOOD SALES LTD.**

1909 East Hastings Street Vancouver BC V5L 1T5  
Tel 604.255.1414 | Fax 604.255.1787 | Toll Free 1.877.255.1414

[www.oceanfoods.com](http://www.oceanfoods.com) | [sales@oceanfoods.com](mailto:sales@oceanfoods.com)

British Columbia | Alberta | Ontario | Quebec





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# Voyageur Lingcod Fillets 1x10kg

Oceanfood Sales Item - V200- Skinless, Boneless, Vacuum Packed

## Product Specifications

Code	SCC	UPC	Units/Case	Unit Size/Measure
V200	0005862622009		1	10 kg
Brand	IFDA Class	IFDA Category	Division	
Voyageur	Seafood	Frozen	Foodservice	
Average Servings per Case	Country of Origin	Kosher	GST/HST	
117	Canada	Not Kosher	No	

## Shipping Information

Case Length	Case Width	Case Height	Case Gross Weight
61.0 cm	30.0 cm	18.0 cm	11.34 kg
TI x HI	Shelf Life	Storage Temp From/To	
6 x 5	365 days	-18°C or lower	

## Preparation & Handling Suggestions

Keep frozen prior to use. Open bag before thawing in refrigerator overnight. Do not thaw in microwave, hot water or at room temperature. Do not refreeze thawed product. Use within 3 days after thawing. Lingcod fillets are versatile and easily adaptable to all methods of cooking

## Benefits

The lingcod is hook and line and sustainably caught and processed into fillets in BC. This product has not had any treatment for moisture retention or stabilization. High source of protein.

## Ingredients

Lingcod

## For More Information

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

## Nutrition Facts / Valeur Nutritive

Serving Size / Portion: 85 grams

Calculation Size / Portion Déterminée : 85 grams

	Amount Per Serving / Teneur per Portion	% Daily Value* / % Valeur Quotidienne**
Calories/Calories	72.3	
Protein	15 g	
Carbohydrates	0 g	0%
Total Dietary Fibre	0 g	0%
Total Sugar	0 g	0%
Total Fat	0.9 g	1.2%
Saturated Fat	0.2 g	1%
Transfatty Acids	0 g	
Polyunsaturated Fat	0.3 g	
Cholesterol	44.2 mg	14.7%
Vitamin A		2%
Thiamin - B1		2%
Riboflavin - B2		6%
Niacin - B3	1.6 mg	10%
Vitamin B6	0.3 mg	18%
Vitamin B12	3.1 mg	129%
Vitamin C		0%
Folate	7.7 mg	2%
Calcium	11.9 mg	2%
Iron	0.3 mg	4%
Magnesium	22.1 mg	5%
Phosphorous	117 mg	9.4%
Sodium	50.2 mg	2%
Zinc	0.4 mg	4%
Copper		2%
Manganese		1%
Selenium	31 mg	56%
Potassium	322 mg	6.8%

\*\*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		4,700mg	4,700mg
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		4700mg	4700mg
Total Carbohydrate		275g	275g

Calories per gram

Fat 9	Carbohydrate 4	Protein 4
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