

Egg Harbor (10) 6 oz. Wild Caught Icelandic Cod Filets

Nutrition Facts	
10 servings per container	
Serving size 6oz (170g)	
Amount per serving	
Calories 120	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 510mg	22%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Ingredients: Cod
Allergens: Fish

PREPARATION INSTRUCTION:

Thaw Cod in refrigerator. Cook from thawed.

STOVE TOP: Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. In large nonstick skillet over medium-high heat, melt 1 tbs. butter with 1 tbs. olive oil. Add cod fillets and cook 4 minutes per side, or until golden brown on both sides and cooked through.

BROILER: Place rack 6 inches from broiler and preheat broiler. Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. Place cod fillets on foil-lined baking sheet and brush top with melted butter. Broil 8 minutes, or until just golden and cooked through.

OVEN: Preheat oven to 425°F. Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. Place cod fillets on nonstick baking sheet and brush top with melted butter. Cook 12 to 15 minutes, or until just golden and cooked through.

Nutritional label_Rastelli's 1 oz. Garlic & Herb butter packet



Nutrition Facts Servings: 1,
Serv. size: 1oz (28g),

Amount per serving: **Calories 180,**
Total Fat 20g (26% DV), Sat. Fat 10g (50% DV), *Trans Fat* 0.5g,
Cholest. 55mg (18% DV),
Sodium 130mg (6% DV), **Total Carb.** <1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

INGREDIENTS: GRADE AA BUTTER (PASTEURIZED CREAM, LACTIC ACID), ROASTED GARLIC (GARLIC, CITRIC ACID), EXPELLER PRESSED CANOLA OIL, PARSLEY, BASIL, OREGANO, CHIVES, ONION SALT, GARLIC SALT, BLACK PEPPER. **CONTAINS MILK.**