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Atlantic Cod *Gadus Morhua*

Atlantic cod is a mild white fish with tender texture. A popular choice that is low in fat and very versatile. Available fresh or frozen, loins or fillets, skin-on or skinless. Cod is fished year round with the high catch season being September through May.

Nutrition Facts

servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 467mg	10%

*The % Daily Value 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.

Atlantic Cod

Frozen



Options:

Different frozen cuts and sizes available upon request.

Origin: Iceland



Ship to: US & Canada



Catch by season.

