

# **AQUAFISK**

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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 90 **Calories** % 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 Calcium 18mg 2% Iron 0mg 0%

\*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 is used for general nutrition

10%



Potassium 467mg

# **Atlantic Cod**

**Fresh** 



Choose from a number of convenient cuts and sizes. Available Atlantic Cod options include:

#### **Specs**

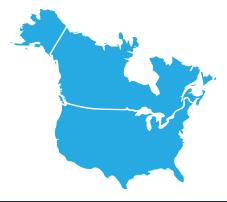
- · H&G, headed and gutted
- Head on but gutted
- Loins, skinless, boneless
- Loins, skin on, boneless
- Fillet, skinless, boneless
- Fillet, skinless, boneless
- · Fillet, skin on, boneless
- Fillet PBI, skinless, pinbone in
- Fillet PBI, skin on, pinbone in

### Pack / Sizes

- C/W (approx 50 lbs) 4/6kg, 6+kg, 8+kg, 10+kg
- C/W (approx 50 lbs) 3/5kg, 5/7kg
- 1/10# 12+oz, 20+oz, 32+oz
- 1/10# 20+oz, 32+oz
- 1/10# 8/16oz, 12+oz, 16+oz
- 1/20# 8/16oz, 12/16oz, 16/32oz, 32+oz
- 1/20# 16/32oz, 32+oz
- 1/10# 12/16oz, 16/32oz
- 1/20# 32+oz

## Origin: Iceland S

### Ship to: US & Canada



## Catch by season.

COD - High Season HADDOCKI - High Season POLLOCKI - High Season ARCTIC CHAR - Year Round PLAICE - High Season

LOW SEASON

