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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

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



Ship to: US & Canada



Catch by season.

- COD - High Season
- HADDOCK - High Season
- POLLOCK - High Season
- ARCTIC CHAR - Year Round
- PLAICE - High Season
- LOW SEASON

