

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

# ATLANTIC COD

Fillets

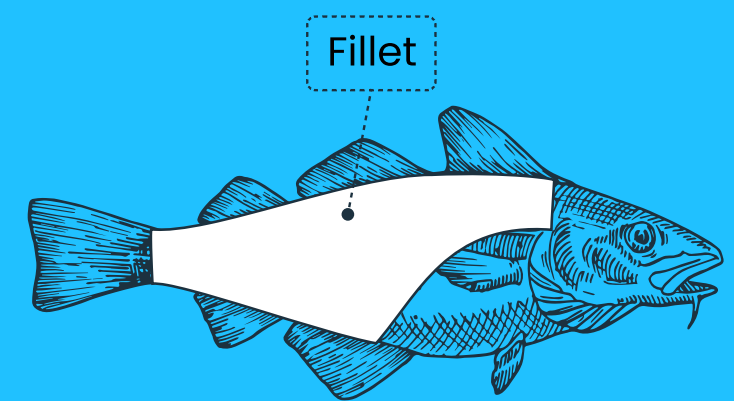
GUARANTEED 100% NET WEIGHT



Cooked

Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	<b>82</b>
Protein	<b>17.81g</b>
Total Fat	<b>0.67g</b>



NATIONWIDE STORING AND DELIVERY

# Wild Caught Atlantic Cod

Atlantic Cod is one of the most popular and recognized fish in the Western world, with its white, moist meat, large flake and mild flavor. This versatile fish is low in fat and high in protein. Cod is an ideal choice for baking, pan frying, deep frying, poaching or broiling. Popular applications include fish and chips, casseroles and chowders.

## Specifications

### SCIENTIFIC NAME

Gadus Morhua

### AVAILABILITY

Hand cut from Frozen-at-Sea fish

Year Round

### WHOLE FISH FACTS

**4-11 Lbs.**

Average Fish Size

**25-35 inches**

Average Fish Length

## Catch Area

**FAO 21, 27**

North Atlantic sustainably caught

## Nutrition Facts

### Per 100g serving

#### FATS

Saturated Fat	<b>0.131g</b>
Polyunsaturated	<b>0.231g</b>
Monounsaturated	<b>0.094g</b>

#### MINERALS

Cholesterol	<b>43mg (14%)</b>
Sodium	<b>54mg (2%)</b>
Potassium	<b>413mg (9%)</b>
Calcium	<b>16mg (1%)</b>
Iron	<b>0.38mg (2%)</b>

#### VITAMINS

Vitamin A	<b>12mcg (1%)</b>	Vitamin C	<b>1mg (1%)</b>
Vitamin D	<b>1mcg (6%)</b>		

**82**

CALORIES  
343 kJ

**17.81g**

PROTEIN

**0.67g**

TOTAL FAT  
1% DV

**0g**

CARBS  
0% DV

## Cooking Methods

Atlantic Cod features a tender, snow-white flesh with large, delicate flakes and a mild, slightly sweet flavor. This versatile whitefish is perfect for almost every cooking method and pairs wonderfully with a wide range of seasonings and sauces. Renowned for its classic use in fish and chips, it's a favorite for both everyday meals and elegant dining. Cod is an ideal choice for:

- Grilled
- Baked
- Steamed
- Pan/Deep Fried
- Broiled
- Sautéed



# Atlantic Cod Fillets

Our Atlantic cod fillets are Individually Quick Frozen (IQF) to guarantee peak freshness and effortless portion control. Each fillet is meticulously packed with advanced shatterpack technology and sealed in cello wraps, ensuring their quality and flavor are preserved for your convenience. Enjoy the rich taste of the ocean with every bite, knowing that our careful packaging keeps your fillets as fresh as the day they were caught. Perfect for quick weeknight dinners or gourmet meals, these cod fillets are versatile and easy to prepare.



## Available Packaging

### Shatterpack

Available Sizes:

8/12 oz

12/16 oz

16/32 oz

Pack Size:

4/10#

### Cellos

Available Sizes:

1-3 ct. per wrap

Pack Size:

10/5#

### IQF

Available Sizes:

6/8 oz

8/10 oz

10/12 oz

12/16 oz

16/32 oz

Pack Size:

1/10#

