

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



ATLANTIC COD

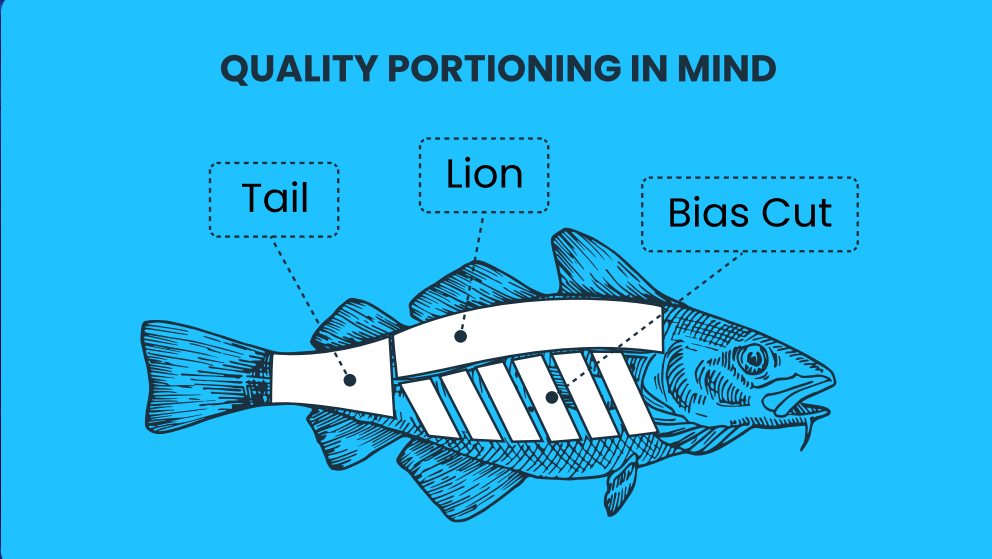
Portions

GUARANTEED 100% NET WEIGHT



Fried

Baked



QUALITY PORTIONING IN MIND

NUTRITIONAL VALUE

Calories	82
Protein	17.81g
Total Fat	0.67g



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	0.131g
Polyunsaturated	0.231g
Monounsaturated	0.094g

MINERALS

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

VITAMINS

Vitamin A	12mcg (1%)	Vitamin C	1mg (1%)
Vitamin D	1mcg (6%)		

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



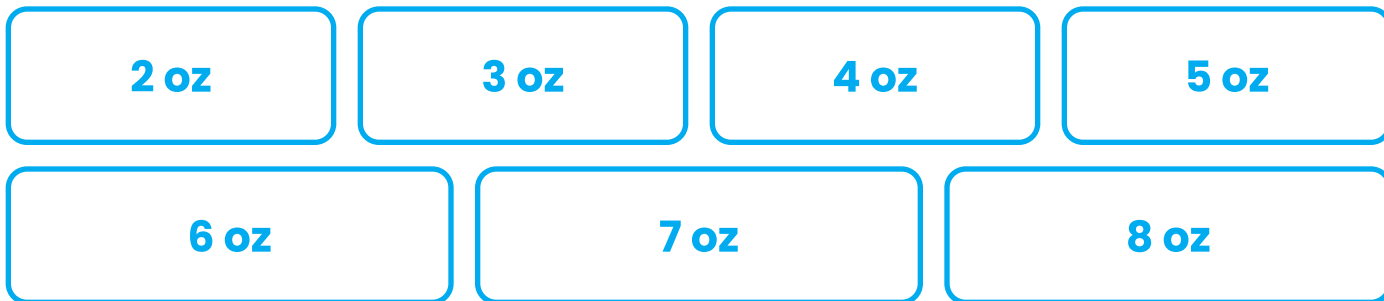
Available Cuts



Atlantic Cod Loins

Premium center-cut loins offer maximum yield and consistent quality, ideal for upscale restaurants and retail.

Available Sizes:



Pack Size:

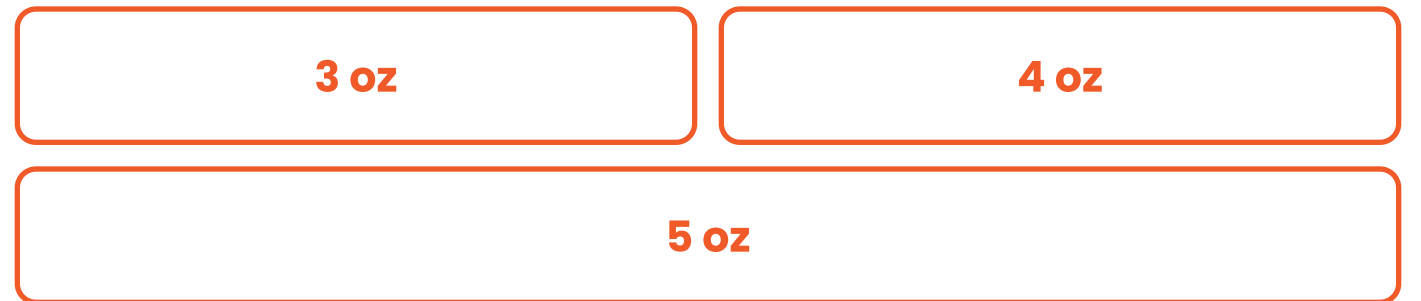
1/10# IQF



Atlantic Cod Tails

Tender tail portions provide great value and quality, perfect for casual dining and high-volume settings.

Available Sizes:



Pack Size:

1/10# IQF



Atlantic Cod Loins – Butterflied

Elegant butterflied loins with an open-cut presentation – ideal for specialty menus and premium food-service platings.

Available Sizes:



Pack Size:

1/10# IQF



Atlantic Cod Bias Cuts

Unique angled features with a striking plate presence – crafted for upscale casual dining and innovative culinary displays.

Available Sizes:



Pack Size:

1/10# IQF