



Atlantic Cod (*Gadus Morhua*)

Fresh & Frozen

Options:

- Skin on fillets
- Skinless/boneless
- Single frozen IQF or Interleaved
- Frozen at sea
- Fresh by air
- All sizes

Atlantic Cod is a mild white fish with a tender texture, low in fat and a great source of protein. The tasty white flesh is dense and packed with important nutrition. In fact, Cod has one the highest amount of protein per calorie, among wild fish.



Nutrition Facts

4oz (100g) of raw Cod contains

Energy:	78 kcal
Protein:	18.1 g
Unsaturated Fat:	0.3 g
Saturated Fat:	0.1 g
Cholesterol:	50 mg
Water:	81.2 g