

ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland

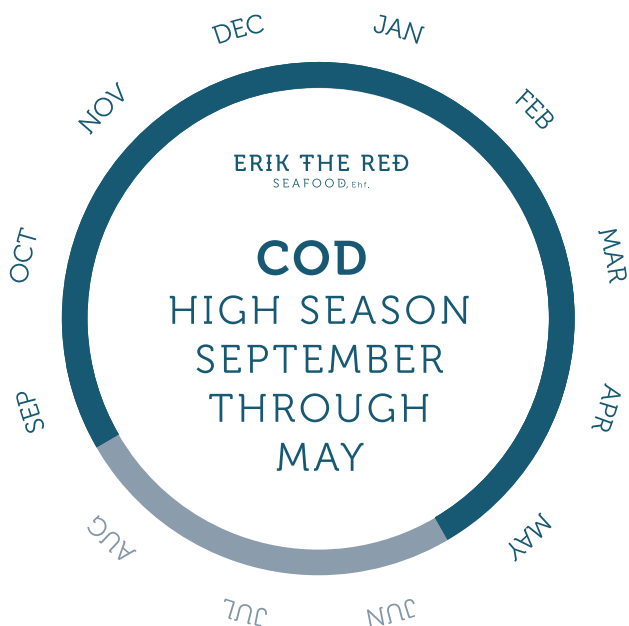


ATLANTIC COD (GADUS MORHUA) Fresh & Frozen

Atlantic cod is a mild white fish with a tender texture. A popular choice that is low in fat and very versatile. Available fresh or frozen, loins or fillets, skin-on or skinless. The catch high season is September through May.

OPTIONS:

Skinless Fillet
Skin-on Fillet
Skinless Pin Bone-in Fillet
Loin
Portion
H&G
Head on
Cello



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