



## Atlantic Cod

Delicate mild flavour  
Tightly controlled portions  
Wild Caught

# Atlantic Cod

Atlantic Cod is wild and caught in the waters around Russia and Norway. Its delicate, mild flavour and medium firm texture is very versatile and pairs well with most flavour profiles. Toppits Atlantic Cod is certified by the MSC, and is an excellent source of protein, low in fat, free of saturated fatty acids and low in sodium. It is available year-round, though more abundant from January to April. It is delicious baked, broiled, fried, steamed and sautéed and is an excellent option for centre of the plate.

## Features & Benefits

- Tightly controlled portions
- Medium, firm texture
- Skinless and boneless (free of pin bones)
- Delicate mild flavour, pairs well with most flavour profiles
- Excellent source of protein, low in fat, free of saturated fatty acids, low in sodium
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 100 g / par 100 g	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 80	
<b>Fat / Lipides</b> 0.5 g	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Sodium / Sodium</b> 55 mg	<b>2 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 18 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Item	Description	Brand	Origin	Pack	SCC
COD32+A42	MSC FAS Atlantic Cod Fillets SP, 32+ oz	Glacialis	Russia	3/14 lb	15694310803349
CODA57A42	MSC FAS Atlantic Cod Fillets SP, 5-7 oz	Glacialis	Russia	3/14 lb	15694310803073
CODF14263	MSC Atlantic Cod Fillets IQF, 4-6 oz	Toppits	China	1/10 lb	10068689142630
CODF14264	MSC Atlantic Cod Fillets IQF, 6-8 oz	Toppits	China	1/10 lb	10068689142647
CODT14275	MSC Atlantic Cod Tails IQF, 3 oz	Toppits	China	1/10 lb	10068689142753
CODT14276	MSC Atlantic Cod Tails IQF, 5 oz	Toppits	China	1/10 lb	10068689142760
CODL14268	MSC Atlantic Cod Loins IQF, 6 oz	Toppits	China	1/10 lb	10068689142685
CODL14270	MSC Atlantic Cod Loins IQF, 6-8 oz	Toppits	China	1/10 lb	10068689142708
CODL14271	MSC Atlantic Cod Loins IQF, 8-10 oz	Toppits	China	1/10 lb	10068689142715
CODL14265T	MSC Atlantic Cod Loins IQF Chem-Free, 3 oz	Toppits	China	1/10 lb	10068689142654
CODL14266T	MSC Atlantic Cod Loins IQF Chem-Free, 4 oz	Toppits	China	1/10 lb	10068689142661
CODL14267T	MSC Atlantic Cod Loins IQF Chem-Free, 5 oz	Toppits	China	1/10 lb	10068689142678
CODT14273T	MSC Atlantic Cod Tails IQF Chem-Free, 3 oz	Toppits	China	1/10 lb	10068689142739
CODT14274T	MSC Atlantic Cod Tails IQF Chem-Free, 4 oz	Toppits	China	1/10 lb	10068689142746

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