

TOPPITS®

QUALITY SINCE 1899



Blue Cod

Mild-Tasting White Fish
Extremely Cost Effective
Very Healthy Alternative

Blue Cod

Blue cod is wild caught in New Zealand. It is a white fin-fish, and produces good fillets that are low in fat, which allows for a mild taste and numerous applications. Toppits Blue Cod Fillets are very versatile and can be baked, broiled, fried, grilled, battered, steamed/boiled, or sautéed. Our Blue Cod is the perfect way to introduce your customers to fish.



Features & Benefits

- Cost effective and a great substitute for higher priced white fish such as Atlantic Cod, Pacific Cod and Patagonian Silver Hake.
- Mild flavour creates a versatile white fish and makes it great for new fish consumers.
- Healthy option as it's low in fat, saturated fatty acids and sodium.
- From an MSC certified sustainable fishery www.msc.org
- Ocean Wise Sustainable



Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 70 mg	
Sodium / Sodium 110 mg	5 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

Item	Description	Brand	Origin	Pack	SCC
CODB3Q10	Blue Cod Fillets IQF, 3 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110189
CODB4Q10	Blue Cod Fillets IQF, 4 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689120942
CODBI46Q10	Blue Cod Fillets IQF, 4-6 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689123653
CODBI68Q10	Blue Cod Fillets IQF, 6-8 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689122670
CODBFT3Q10	Blue Cod Folded Tail IQF, 3 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110257
CODBFT4Q10M	Blue Cod Folded Tail IQF, 4 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110264

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