

# TOPPITS®

QUALITY SINCE 1899



## Atlantic Cod

*Delicate, Mild Flavour*

*Tightly Controlled Portions*

*Wild Caught*



# Atlantic Cod

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



## Product Features

- 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)



Nutrition Facts		Valeur nutritive	
Per 126 g pour 126 g			
<b>Calories</b>	<b>100</b>	<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b>	0.5 g		1 %
Saturated / saturés	0.2 g		1 %
+ Trans / trans	0 g		
<b>Carbohydrate / Glucides</b>	0 g		0 %
Fibre / Fibres	0 g		0 %
Sugars / Sucres	0 g		0 %
<b>Protein / Protéines</b>	22 g		
<b>Cholesterol / Cholestérol</b>	55 mg		
<b>Sodium</b>	70 mg		3 %
<b>Potassium</b>	500 mg		11 %
<b>Calcium</b>	20 mg		2 %
<b>Iron / Fer</b>	0.5 mg		3 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

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 Loins 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

Gadus morhua | Wild Caught | Catch Method: Trawl caught | FAO 27