

# TOPPITS®

QUALITY SINCE 1899



## **Black Cod**

*Wild Caught*

*Low in Sodium*

*Ocean Wise Recommended*



# Black Cod

This premium white fish is prized for its large velvety flakes and buttery, rich flavour. Wild-caught, Toppits Black Cod is Ocean Wise Recommended. Black Cod, also known as Sablefish, is highly sought after by the world's top chefs for its delicious taste and unparalleled versatility in culinary applications. Black Cod is a great source of protein, low in sodium and is a source of vitamin A and iron. This is a popular menu ingredient that is appearing on a growing number of menus. Whether it's fried, baked, broiled, grilled, or smoked, Toppits Black Cod won't disappoint!



## Product Features

- Velvety flakes and buttery texture with a sweet bite
- Versatile fish that lends it self to many culinary styles and applications
- Individually vacuum packed portions
- Ocean Wise Recommended



### DEFROSTING INSTRUCTIONS

Thaw in refrigerator overnight in a shallow pan. Do not refreeze!



### SAFE HANDLING INSTRUCTIONS

Ensure product is cooked to an internal temperature of 158°F (70°C)



## Nutrition Facts Valeur nutritive

Per 100 g  
pour 100 g

	% Daily Value*
	% valeur quotidienne*
<b>Calories 200</b>	
<b>Fat / Lipides 15 g</b>	20 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 13 g</b>	
<b>Cholesterol / Cholestérol 50 mg</b>	
<b>Sodium 60 mg</b>	3 %
Potassium 350 mg	10 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	14 %

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

C12939

Item	Description	Brand	Origin	Pack	SCC
C12939	Black Cod Portions IVP, 6 oz (Skin On)	Toppits	USA	1/10 lb	10068689129396

Anoplopoma fimbria | Wild Caught | Catch Method: Longlines/pots | FAO 67