



**GREAT NORTHERN  
PRODUCTS, LTD.**

# COD

*Gadus morhua*



## Warehouse Specifications:

Various

Master Case Dimensions:

Various

Gross Weight:

Pallet Configuration:

Various

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	82
Total Fat	0.67g
Saturated	0.131g
Monounsaturated	0.094g
Polyunsaturated	0.231g
Cholesterol	43mg
Sodium	54mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	17.81g
Vitamin A	40iu
Vitamin C	1.0mg
Calcium	16mg
Iron	0.38mg

## General Information:

Cod fish is caught on both the Atlantic and Pacific Ocean. It is a highly regarded species by culinary experts worldwide.

## Latin Name:

*Gadus morhua*

## Fishing Season:

Varies by locations.

## Average size and Weight:

Cod can range from under 1 Lb to as large as 50 LBs

## Product Available / Frozen

Available skinless & boneless fillets

Skinless cod loins and tails

Skinless portions

## Sensory Characteristics:

Highly prized eating fish best know for it's mild, moist texture and great flavor. It can be baked, boiled or poached. A traditional favorite is fried cod commonly called "fish and chips" in the US.

**COOL:** wild caught, Canada

## Ingredients:

Cod

**Quality Control:** HACCP  
& CFIA approved



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