



**GREAT NORTHERN  
PRODUCTS, LTD.**

# SALT FISH (Baccalao)

*Various species*



## Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	290
Total Fat	2.37g
Saturated	0.462g
Monounsaturated	0.342g
Polyunsaturated	0.804g
Cholesterol	152mg
Sodium	7027mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	62.82g
Vitamin A	140iu
Vitamin C	3.5mg
Calcium	160mg
Iron	2.50mg

## General Information:

Salt Fish is fresh fish that has been salt-cured and dried until all the moisture has been extracted.

In order to prepare salt fish for cooking, it needs to be rehydrated and most of the salt removed through a process of soaking in water.

## Latin Name:

*Various species*

## Fishing Season:

## Average size and Weight:

## Product Available / Frozen

## Sensory Characteristics:

**COOL:** wild caught, Canada or USA

## Ingredients:

Salt, fish

**Quality Control:** HACCP & CFIA



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