

TOPPITS®

QUALITY SINCE 1899



Pacific Cod

Mild flavour, medium firm texture

Tightly controlled portions

Wild and caught in the waters
around Alaska



MSC-C-50679

* From an MSC certified sustainable fishery.
www.msc.org

Pacific Cod

Pacific Cod is wild caught in the icy cold waters around Alaska, giving it a medium firm texture, and a distinctive large flake. Its mild, sweet flavour make it very versatile and usable in a variety of preparations, including baking, broiling, frying, sautéing and steaming. Toppits Pacific Cod is certified by the MSC and is Ocean Wise recommended. It is an excellent source of protein, low in fat, free of saturated fatty acids and is low in sodium.



Features & Benefits

- 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

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 70 mg	3 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Item	Description	Brand	Origin	Pack	SCC
CODF14278	Pacific Cod Fillets 5 oz (Skinless/Boneless)	-	China	1/10 lb	10068689142784
CODF14279	Pacific Cod Fillets 6-8 oz (Skinless/Boneless)	-	China	1/10 lb	10068689142791
CODF14277	Pacific Cod Fillets 16-32 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689142777
CODP3C10	Pacific Cod Loins 3 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689123554
CODP4C10	Pacific Cod Loins 4 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689123561
CODL14282	Pacific Cod Loins 5 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689142821
CODL14283	Pacific Cod Loins 6 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689142838
CODL14284	Pacific Cod Loins 8 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689142845
CODT14287	Pacific Cod Tails 4 oz (Skinless/Boneless)	Toppits	China	1/10 lb	10068689142876



Recommended by the Vancouver Aquarium as ocean-friendly.

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