

# Blue Cod Fillets

## Blue Cod

Blue cod is wild caught in New Zealand. It is a white fin-fish, and produces good fillets that are low in fat, which allows for a mild taste and numerous applications. Toppits Blue Cod Fillets are very versatile and can be baked, broiled, fried, grilled, battered, steamed/boiled, or sautéed. Our Blue Cod is the perfect way to introduce your customers to fish.



## Features & Benefits

- Cost effective and a great substitute for higher priced white fish such as Atlantic Cod, Pacific Cod and Patagonian Silver Hake.
- Mild flavour creates a versatile white fish and makes it great for new fish consumers.
- Healthy option as it's low in fat, saturated fatty acids and sodium.
- From an MSC certified sustainable fishery [www.msc.org](http://www.msc.org)
- Ocean Wise Sustainable



Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 80	
<b>Fat / Lipides</b> 1 g	<b>2 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 70 mg	
<b>Sodium / Sodium</b> 110 mg	<b>5 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %