

Atlantic Cod

Gadus Morhua



SEA STAR SEAFOODS
Family Tradition Since 1894



Sea Star Seafoods Ltd.

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Also commonly referred to as “Bacalhau”, “Bacalao” or “Baccala” is the most famous of the white fish. “Wars have been fought over it, revolutions have been spurred by it, national diets founded on it and economies and livelihoods have depended on it.” It is an excellent source of low calorie proteins, omega 3 fatty acids and vitamin B12 which all lead toward a healthier heart if eaten regularly. The fish is harvested from the frigid waters of the North Atlantic. Our cod production is based on carefully chosen raw-material that is put through a high quality production process, to ensure a product that is tailored to the needs of each customer.



FAO: 21/27

Bulk

Bone In Jumbo	Random Weight
Bone In Extra Large	50 lbs. (22.7 kg)
Bone In Large	50 lbs. (22.7 kg)
Bone In Medium	50 lbs. (22.7 kg)
Bone In Small	50 lbs. (22.7 kg)

Retail

Bone In Cod Chops	20 lbs. (9.07 kg)
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Nutrition Facts

Serving size: 55g flakes

Amount per serving

Calories	50
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	30mg
Sodium	4870mg
Protein	12g
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	2%

