



**zaycon**  
**FRESH**



## Nutrition Facts

Serving Size (125g)

**Amount Per Serving**

**Calories** 100

**% Daily Values\***

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Potassium** 284mg **8%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 2g

**Protein** 12g **24%**

**Vitamin A** 2% • **Vitamin C** 4%

**Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## Premium Alaskan Cod

Our Alaskan Cod is wild-caught and processed in Alaska, with exceptional harvesting and processing standards and a 100% net weight guarantee. Each fillet is well trimmed, individually quick frozen, and ready to cook. Premium Alaskan cod fillets are lean, thick, bright white, slightly firm, with a delicate texture and excellent flake. Perfect for breading, battering, baking, sautéing, poaching, or smoking. Try it in dips, chowders, wraps, tacos, sliders, quesadillas, salads, fish cakes, and fish and chips.

