



zaycon
FRESH



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.

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

