

COD Scientific name: *Gadus morhua*, *Gadus macrocephalus*



Cod



Morue
Cabillaud



Bacalao



Baccala



Bacalhau



Cod, known as “Bacalhau” or “Bacalao”, is the king of whitefish, renowned for its texture, relatively large size and white color. Our cod products are harvested from the icy waters of the North Atlantic, as well as from the Bering Sea and Alaska. Cod has a mild taste that goes well with many different types of garnishes and flavorings.

We offer both bone-in, split (butterfly-style) Atlantic and Pacific cod, in varying levels of dryness, depending on customer requirements, as well as salted cod fillets. Salted cod fillets are normally packed in the traditional wooden boxes.

Bulk Packages:

Ordinary Cure – Semi-Dry - Dry

Bone-in Cod Small	50 lbs (22.7 kg)
Bone-in Cod Medium	50 lbs (22.7 kg)
Bone-in Cod Large	50 lbs (22.7 kg)
Bone-in Cod Extra Large	50 lbs (22.7 kg)

Boned Cod Fillets Medium	40 lbs (18.14 kg)
Boned Cod Fillets Large	40 lbs (18.14 kg)
Boned Cod Fillets Jumbo	40 lbs (18.14 kg)

Light Salted Cod Small	50 lbs (22.7 kg)
Light Salted Cod Medium	50 lbs (22.7 kg)
Light Salted Cod Large	50 lbs (22.7 kg)

Retail Packages:

Nickerson:

Boned Cod Fillets	(bag)	24 x 1 lb (454g)
Boned Cod Fillets	(wood)	12 x 1 lb (454g)
Boned Cod Bits	(bag)	24 x 1 lb (454g)

Nutritional Value:

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 30mg **9%**

Sodium 3720mg **155%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 15g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fish should be desalted prior to cooking.
Nutritional values shown above are prior to desalting and therefore not indicative of the salt content in prepared fish.



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