



Pacific Cod

The Pacific cod has been a staple of the seafood industry for decades. This deep-water, round whitefish is long-line harvested from Oregon to Alaska and is certified as sustainable by the Marine Stewardship Council. This fishery is carefully managed by the North Pacific Fishery Management Council, which relies on quotas, limited entry, seasonal and area closures, and gear restrictions to keep populations healthy and to limit bycatch. Pacific cod has become increasingly popular among chefs, and its white, lean, and flaky texture combined with its mild flavor allow for versatility in the kitchen.

* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Pacific cod
Market Name Cod or Alaska cod
Scientific Name *Gadus macrocephalus*



Sustainability Information 
Responsible Fisheries Management - RFM

PRODUCT INFORMATION

Value Added Products

- Private Label
- Retail Bag Line
- Signature Portions®

Portions (skinless)

- Sizes: 2- to 4-oz / 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 30-lb. / Custom-Packed

Fillets (skinless)

- Sizes: 8- to 16-oz. / 16- to 32-oz.
- Pack Types: Shatter-Pack / Bulk IQF
- Pack Sizes: 20-lb. / Custom-Packed

Recipes

- Alaska Cod Tacos
- Cod Fish and Chips with Homemade Tartar Sauce
- Cod in Red Wine
- Oven-Roasted Cod Crusted with Herbs

Nutritional Facts

Serving Size: 3.5 oz. (raw)
Calories: 82
Fat Calories: 6
Total Fat: 0.67 g
Cholesterol: 43 mg
Protein: 17.81 g
Iron: 0.38 mg
Sodium: 54 mg
Omega-3: 0.185 g

