

Norwegian Cod Fillet & Portions

Processed in Norway



Quality Seafood



"Besides being an excellent low-calorie source of protein, cod contains a variety of very important nutrients such as vitamins D, B6 and B12"

Norwegian Cod Fillet & Portions

Fresh or frozen



Quality Seafood



TIDE

Cod Fillet / Cod Fillet Portions

Boneless without skin.
Various packaging solutions.

Ingredients: Gadus Morhua

Nutrient	Amount per 100g
Energy	319 kJ/ 75 kcal
Protein	18 g
Total fat	0,3 g
Saturated fat	0 g
Carbohydrate	0 g
Sugar	0 g
Sodium	82 mg
Salt	0,2 g