



We select the finest quality raw materials for processing in Southwest Nova Scotia facilities.



# Salted Cod Bits

## Nutrition Facts / Valeur nutritive

Per 1/4 cup (55 g) (about 1/3 cup desalted)  
pour 1/4 tasse (55 g) (environ 1/3 tasse dessalée)

	Salt Cod Morue salée	Desalted Cod <sup>2</sup> Morue dessalée <sup>2</sup>
<b>Calories</b>	<b>50</b>	<b>20</b>
	%Daily Value* / %valeur quotidienne*	
<b>Fat / Lipides</b> 0 g	0 %	0 %
Saturated / saturés 0 g	0 %	0 %
+ Trans / trans 0 g	0 %	0 %
<b>Carbohydrate / Glucides</b> 0 g		
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 0 g	0 %	0 %
<b>Protein / Protéines</b> 11 g		
<b>Cholesterol / Cholestérol</b> 25 mg		
<b>Sodium</b> 6440 mg	280 %	17 %
Potassium 250 mg	5 %	2 %
Calcium 10 mg	1 %	1 %
Iron / Fer 0.3 mg	2 %	1 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Preparation & Handling

In refrigerator, soak 1 lb (454 g) of salted fish in 6 cups (1.5 l) of fresh water for 24 hours, changing the water three times. Parboil the fish in 6 cups (1.5l) of fresh water for 7-10 minutes. Drain.

## Ingredients

Codfish, salt

## Product Details

Product Code	1804
Description	Cod Salt Bits Bulk 12's
Case Size	12 lb (5.44 kg)
Purchasing Unit	1 x 12 lbs
UPC/SCC	0-62763-01804-3/ 100-62763-01804-0

Product Code	1871
Description	Cod Salt Bits 20's
Case Size	20 lb (9.07 kg)
Purchasing Unit	20 x 1 lbs
UPC/SCC	0-62763-01871-5 / 100-62763-01871-2