

**North  
Pacific**  
SEAFOODS™

*Alaska Blackcod*



# Alaska Blackcod

Alaska Blackcod *Anoplopoma fimbria*

**A**laska blackcod is a unique whitefish with a high oil content and a distinctive rich flavor. Also known as sablefish, this species is prized for its flaky, white meat, succulent taste and melt-in-your-mouth texture.

The fats in blackcod include a significant amount of omega-3 oils, which have been shown in numerous medical studies to have significant health benefits with regard to a number of diseases and conditions.

Alaska has the largest stocks of blackcod in the world. The fish is most often caught by longline, and bled and iced at point of catch. A limited amount of fish is also taken by pots. Alaska's conservative fisheries management regulations will ensure a sustainable harvest of blackcod now and in the future.

Blackcod is often served lightly smoked or in Asian applications. Although its taste and texture are distinctive, the fish adapts easily to a wide variety of cuisines.

## Product Specifications

North Pacific Seafoods offers line-caught Alaska blackcod. This species is harvested from March to September and is available from North Pacific Seafoods as frozen dressed fish. Our close working relationship with the fishing fleet coupled with our processing and shipping systems ensures the freshness and traceability of all North Pacific Seafoods Alaska blackcod products. We are also certified by the Marine Stewardship Council to provide sustainable Alaska blackcod to our customers.

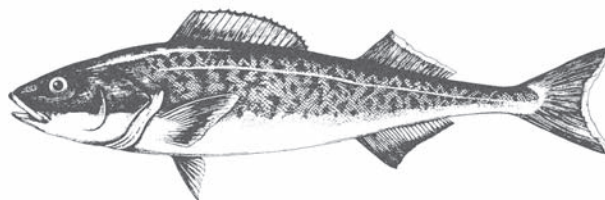
Alaska Blackcod	Size of Fish/Fillet	Pack (pounds)
Dressed, head-off fish (IQF)	1/2 lbs, 2/3 lbs, 3/4 lbs, 4/5 lbs, 5/7 lbs, 7 lbs up	50

The chart above lists our most common pack sizes. Other packs are available by customer request.

## Nutrition Facts

Serving Size 3.5 oz (100g)	Alaska Blackcod
Calories	250
Fat	19.6g
Saturated Fat	4.4g
Cholesterol	63mg
Sodium	72mg
Protein	17.2g

Source: USDA National Nutrition Database, Release 17.  
More detailed nutritional information is available upon request.



Whole Alaska Blackcod



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