



Black Cod Heads

Anoplopoma fimbria

General Characteristics:

Black Cod is a groundfish species that display an elongated shape and are dark gray to black on the upper side of its body with a lighter gray bottom. They are known for their high-fat content which gives them their renowned buttery-rich flavor. This same fat content makes this species an excellent choice for bait, in particular, the heads.



Fishing Season: April and December. Available Year-Round

Grade: Bait

Origin: USA

Size: Ocean Run

Pack Style: Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 248

Total Fat: 20g

Saturated: 4.1g

Monounsaturated: 10g

Polyunsaturated: 2.6g

Cholesterol: 63mg

Sodium: 71mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 17g

Calcium: 45mg

Iron: 1.6mg