

# como apostar on line em grandes jogos

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In flavour terms, it's widely agreed t

hat Atlantic cod has a slightly sweet taste, with large flakes that

fall apart easily when cooked.

Pacific cod has a milder

, more savoury flavour profile accompanied by firmer, chunkier flakes

. Preference is very much down to consumers' personal tastes.

Pacific cod

is a great source of protein, vitamin B

12, niacin, and phosphorus. It's also low in fat. Atlantic cod is much the s

ame, but contains more calories (105 vs 82 calories, per 100 grams) and also has

more protein. Both types of cod are high in omega-3 fatty acids and vitamins A,

D, and E.