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## Arctic Char *Salvelinus Alpinus*

Arctic Char is well known within the culinary community and is frequently featured on the menus of top restaurants. It has a distinctly mild flavor and adapts well to a variety of cooking methods applicable to salmon such as baking, pan searing, grilling and broiling.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	<b>0%</b>
Saturated Fat 3g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 31mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Farmed

# Arctic Char

Fresh



Choose from a number of convenient cuts and sizes. Available Arctic Char options include:

### Specs

- Head-on, gutted
- Fillet, skin-on, boneless

### Pack / Sizes

- 1/50# – 2/4lb, 4+lb
- 1/10# – 12+oz, 16+0z

Origin: Iceland



Ship to: US & Canada



Catch by season.

- COD - High Season
- HADDOCK - High Season
- POLLOCK - High Season
- ARCTIC CHAR - Year Round
- PLAICE - High Season
- LOW SEASON

