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## Saithe/ Atlantic Pollock

*Pollachius Virens*

Known for its mild flavor, white meat and flaky texture, Pollock is caught in the Spring and Fall, primarily April-June and September-October. Available fresh or frozen, in a variety of cuts, skin-on or skinless.

### Nutrition Facts

|                              |                       |
|------------------------------|-----------------------|
| servings per container       |                       |
| <b>Serving size</b>          | <b>4 oz (112g)</b>    |
| <b>Amount per serving</b>    |                       |
| <b>Calories</b>              | <b>80</b>             |
|                              | <b>% Daily Value*</b> |
| <b>Total Fat</b> 0g          | <b>0%</b>             |
| Saturated Fat 0g             | <b>0%</b>             |
| Trans Fat 0g                 |                       |
| <b>Cholesterol</b> 65mg      | <b>22%</b>            |
| <b>Sodium</b> 380mg          | <b>17%</b>            |
| <b>Total Carbohydrate</b> 1g | <b>0%</b>             |
| Dietary Fiber 0g             | <b>0%</b>             |
| Total Sugars 0g              |                       |
| Includes 0g Added Sugars     | <b>0%</b>             |
| <b>Protein</b> 19g           |                       |
| Vitamin D 0mcg               | 0%                    |
| Calcium 0mg                  | 0%                    |
| Iron 0mg                     | 0%                    |
| Potassium 0mg                | 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.



# Saithe/ Atlantic Pollock

Frozen



### Options:

Different frozen cuts and sizes available upon request.

Origin: Iceland



Ship to: US & Canada



### Catch by season.

