

# ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland

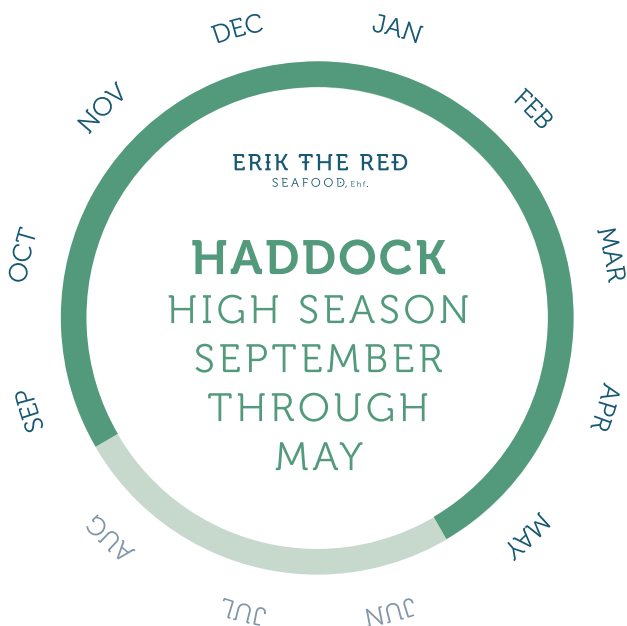


## HADDOCK (MELANOGRAMMUS AEGLEFINUS) Fresh & Frozen

*Our haddock has clean, firm, white flesh with a nice, mild flavor. A go-to for fish & chips, it is a favorite in the UK and US markets. Fresh or frozen, in a variety of cuts, skin-on or skinless. Our Haddock high catching season is September-May.*

### OPTIONS:

Skinless Fillet  
Skin-on Fillet  
Loin  
Portion  
H&G  
Cello



### Nutrition Facts

4oz (100g) of raw Haddock contains

Energy:	82 kcal
Protein:	18.9 g
Unsaturated Fat:	0.3 g
Saturated Fat:	0.1 g
Cholesterol:	46 mg
Water:	80.4 g