

ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland

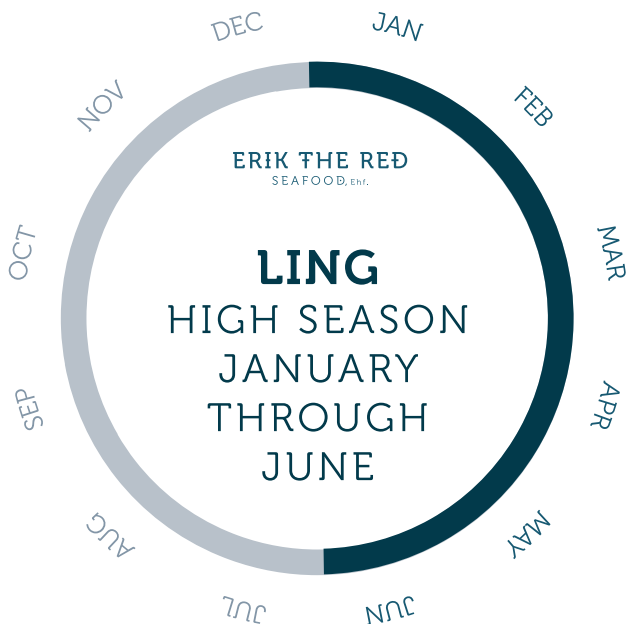


LING (MOLVA MOLVA) Fresh & Frozen

Ling is a white, firm fish with large flakes. Our high catching season for Ling is January through June. Available fresh or frozen, in a variety of cuts, skin-on or skinless.

OPTIONS:

Skinless Fillet
Skin-on Fillet
Loin
Portion
Cello



Nutrition Facts

4oz (100g) of raw Ling
contains

Energy:	75 kcal
Protein:	18.4 g
Saturated Fat:	0.1 g
Cholesterol:	70 mg
Water:	80 g