

ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland

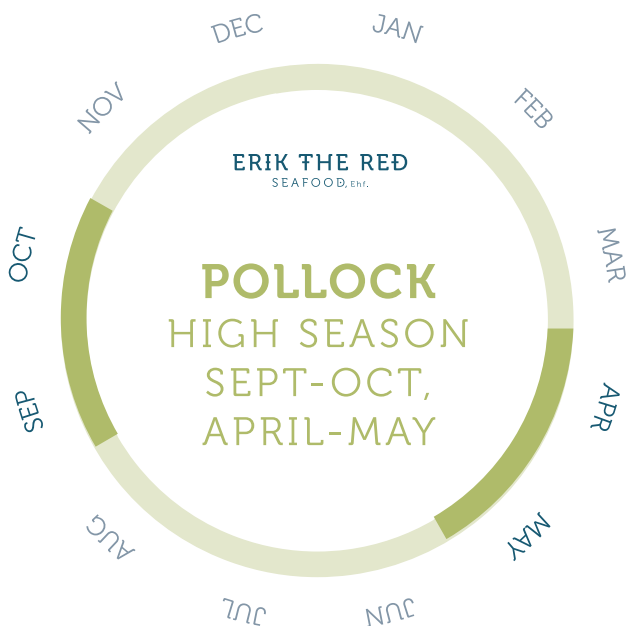


ATLANTIC POLLOCK (POLLACHIUS VIRENS) Fresh & Frozen

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.

OPTIONS:

H&G
Skinless Boneless Fillet
Portion
Cello



Nutrition Facts

4oz (100g) of raw Pollock contains

Energy:	81 kcal
Protein:	17.2 g
Unsaturated Fat:	0.6 g
Saturated Fat:	0.2 g
Cholesterol:	71 mg