



Seafood Partners

25 YEARS
1991-2016

Featured products - Haddock

- Product specifications:

Haddock – *Melanogrammus aeglefinus*

- FAS H/G – Block frozen

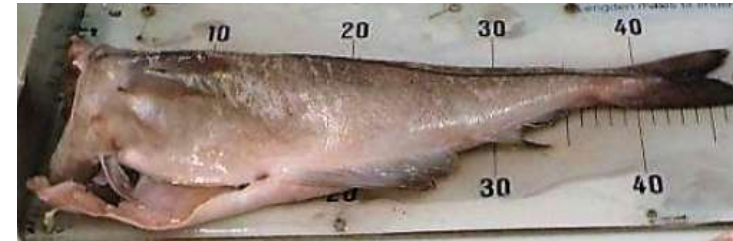
- 0,8kg -

- 0,8kg +

Longline and Trawl catch.

Frozen in random weight block,
packed in bags with inner poly.

- Haddock belongs to the cod family and is easily recognized by the dark spot on its side.
- Juvenile haddock in the Barents Sea are relatively stationary, while larger adult fish migrate far and wide.
- Haddock is caught all year around, but due to the seasonal changes in the meat texture of the fish it is often a big price spread between summer and winter catch.





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North East Atlantic Haddock

Primary distribution and spawning areas.

The lean meat of Haddock holds together well which makes it particularly suitable for minced fish dishes.



Fish cakes from minced Haddock



Fish stew from haddock with noodles.



Fried Haddock with vegetable stew.



Fish soup with Haddock.

Nutritional content

Nutritional content of 100 g haddock

Energy content: 290 kJ or 68 kcal

Nutrients:

Protein: 16,6 g

Fat: 0,2 g

Saturated fatty acids: 0 g

Tran Unsaturated fatty acids: 0 g

Monounsaturated fatty acids: 0 g

Polyunsaturated fatty acids: 0.1 g

Cholesterol: 46mg

Carbohydrates, total 0 g

Vitamins:

Vitamin A: 2 mcg

Vitamin D: 0,7 mcg

Riboflavin: 0.1 mg

Folate: 8 mcg

Vitamin B12: 2 mcg

minerals:

Iron: 0.1 mg

Selenium: 30 mcg