



Maine Lobster

Homarus americanus

General Characteristics:

Homarus Lobster can be found from Canada all the way down to North Carolina, but nothing compares to the sweet taste of a cold water Maine Lobster. Maine Lobster features two large front claws and a meaty tail. They come in many colors but most notably a dark brown/red color. They can live up to 100 years and grow up to 4 feet long. Maine Lobsters make for an excellent meal!



Fishing Season: June–February

Grade: Food

Origin: USA

Size: 1-7LBS

Pack Style: Live, Meat, IQF, Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 98

Total Fat: 0.75g

Saturated: 0.18g

Monounsaturated: 0.1g

Polyunsaturated: 0.3g

Cholesterol: 72mg

Sodium: 296mg

Total Carb: 0.5g

Dietary Fiber: 0g

Sugars: 0g

Protein: 18.8g

Calcium: 60mg

Iron: 0.4mg