



Pacific Saury

Cololabis saira

General Characteristics:

Also known as the Mackerel Pike, Pacific Saury is a staple in many cultures as both food and bait. Pacific Saury are a long, small-mouthed, silver-scaled fish that populate the Pacific Ocean. They are known for their bluish-green colored backs as well as their mild, oily flavor which makes them a great option for your plate.

Fishing Season: June–December

Grade: Food or Bait

Origin: Taiwan, Korea, Japan

Size: #2,3,4

Pack Style: Block Frozen Hand Laid

Nutritional Value:

Serving Size 100g

Calories: 88

Total Fat: 1g

Saturated: 0g

Monounsaturated: 0.15g

Polyunsaturated: 0.2g

Cholesterol: 39mg

Sodium: 40mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 19g

Calcium: 57mg

Iron: 1mg