



# Halibut Heads

*Reinhardtius hippoglossoides*

## General Characteristics:

Greenland Halibut is a predatory fish found in depths between 500 meters and 1000 meters in Northern Atlantic and Pacific waters. They are an excellent eating fish and are a main staple in many fishermen's traps and pots. Greenland Halibut is a flat fish with a slight fork in its tail and a pale underbelly.



**Fishing Season:** February–June. September–November

**Grade:** Food or Bait

**Origin:** USA, Canada, Norway, Iceland

**Size:** Ocean Run

**Pack Style:** Block Frozen

## Nutritional Value:

Serving Size 100g

**Calories:** 186

**Total Fat:** 14g

**Saturated:** 2.4g

**Monounsaturated:** 8.3g

**Polyunsaturated:** 1.3g

**Cholesterol:** 46mg

**Sodium:** 80mg

**Total Carb:** 0g

**Dietary Fiber:** 0g

**Sugars:** 0g

**Protein:** 14g

**Calcium:** 3mg

**Iron:** 0.7mg