



Illex Squid

Illex illecebrosus

General Characteristics:

Illex Squid is a short-lived fish. They can regulate their body color but usually hold an orange hue with a brown stripe along the top side of the mantle. They are a mild and subtle sweet flavored fish. Illex is also a phenomenal bait.

Fishing Season: Mid May- mid September.
Available Year-Round

Grade: Food or Bait

Origin: USA, Argentina, Canada

Size: 50/150g, 100/200g, 150g+, 200g+

Pack Style: Block Frozen



Nutritional Value:

Serving Size 100g

Calories: 92

Total Fat: 1.4g

Saturated: 0.5g

Monounsaturated: 0.1g

Polyunsaturated: 0.52g

Cholesterol: 130mg

Sodium: 44mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 16g

Calcium: 32mg

Iron: 0.7mg