



Silversides

Atherina spp.

General Characteristics:

Silversides are small fish that can be found all over the world. They are excellent for eating or using as bait fish as their firm flesh allows for a great hold on the hook.

Fishing Season: May-June.
August- September

Grade: Food or Bait

Origin: Turkey, Morocco, Europe,
Middle East

Size: 3-5cm, 5-10cm

Pack Style: IQF, Block Frozen in small bags



Nutritional Value:

Serving Size 100g

Calories: 89

Total Fat: 1g

Saturated: 0.25g

Cholesterol: 46mg

Sodium: 42mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 18.7g

Calcium: 30mg

Iron: 0.4mg