



Dogfish

Squalus Acanthias

General Characteristics:

Dogfish has a pointed snout, large eyes, and spines in front of its two dorsal fins. They hold a brownish color that fades into a pale underbelly with rows of white spots down its upper body. Their firm and flavorful flesh are prized worldwide and their meat can be used in various ways.

Fishing Season: July–March

Grade: Food and Bait

Origin: USA, Canada

Size: Small, medium, large

Pack Style: IWP

Nutritional Value:

Serving Size 100g

Calories: 159

Total Fat: 8g

Saturated: 1.9g

Monounsaturated: 2.2g

Polyunsaturated: 1.9g

Cholesterol: 51mg

Sodium: 80mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 20g

Calcium: 6mg

Iron: 1mg