



# Ribbonfish

*Trichiurus lepturus*

## General Characteristics:

Ribbon Fish have elongated, narrow bodies with a long dorsal fin that runs down the whole length of their back. They don't have scales and their pectoral fins are small. Ribbon Fish are delicate with shiny, silver skin.

**Fishing Season:** Year-round

**Grade:** Food or Bait

**Origin:** Mauritania, Morocco, Portugal

**Size:** 1-2kg

**Pack Style:** Block Frozen, IQF

## Nutritional Value:

Serving Size 100g

**Calories:** 105

**Total Fat:** 5g

**Saturated:** 1.1g

**Monounsaturated:** 1.9g

**Polyunsaturated:** 1.3g

**Cholesterol:** 40mg

**Sodium:** 90mg

**Total Carb:** 0g

**Dietary Fiber:** 0g

**Sugars:** 0g

**Protein:** 14g

**Calcium:** 12mg

**Iron:** 0.71mg