



Sardines

Sardina Pilchardus/Sagax

General Characteristics:

The Sardine is a small to medium-sized elongated fish that resembles a herring. The upper parts are green and the sides are golden with a silver belly. Sardines are found in the northeastern Atlantic Ocean, the Mediterranean Ocean, and the Black Sea. Sardines are a staple of many cultures around the world and are often sold fresh, frozen, smoked, and dried. Sardines also make for great bait because of their scent, and flavor.

Fishing Season: March–December. Available Year–Round

Grade: Food or Bait

Origin: USA, Canada, Europe

Size: Ocean Run, U80g, 80/120g, 120/160g, 160g+

Pack Style: IQF, Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 164

Total Fat: 6.3g

Saturated: 1.7g

Monounsaturated: 2.1g

Polyunsaturated: 1.7g

Cholesterol: 75mg

Sodium: 70mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 23g

Calcium: 11mg

Iron: 2.9mg