



Pacific Mackerel

Scomber Japonicus

General Characteristics:

Found in the Pacific Ocean, *Scomber Japonicus* is a species of chub mackerel almost identical to that of the *Scomber Colias*. Pacific Mackerel have pointy heads and large mouths as well as wavy lines on their dark blue backs. They are a favorite amongst fishermen for their firmness and oil content.

Fishing Season: March and September. Available Year-Round

Grade: Food or Bait

Origin: Ecuador, Peru, Taiwan, Mexico, USA

Size: 100/200g, 300/500g

Pack Style: Block Frozen, IQF

Nutritional Value:

Serving Size 100g

Calories: 189

Total Fat: 11.9g

Saturated: 3.3g

Monounsaturated: 4.5g

Polyunsaturated: 2.9g

Cholesterol: 70mg

Sodium: 90mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 19g

Calcium: 23mg

Iron: 1.2mg