



# Skate

*Leucoraja ocellata*

## General Characteristics:

Skate can be found all over the world and is excellent for eating or using as bait fish. They are disk rounded with small, dark spots on their backs. Their stomachs are usually white and sport irregularly pale, brownish blotches. Their firm flesh makes them a great fish to grill and they can be used for bait.



**Fishing Season:** Winter and Spring. Available Year-Round

**Grade:** Food or Bait

**Origin:** USA, Canada, Europe

**Size:** Ocean Run

**Pack Style:** Block Frozen

## 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