



Monkfish

Lophius Americanus

General Characteristics:

Monkfish are large, broad, and flat with large heads. They are found on the bottom of the Atlantic ocean floor. Monkfish tails are a prized culinary piece of meat that chefs around the world cook with. Monk heads are also a favorite bait for many fishermen.



Fishing Season: March–October. Available Year–Round

Grade: Food or Bait

Origin: USA, Europe, Canada, China

Size: Ocean Run, 100/300g, 400/800g, 800g+

Pack Style: Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 76

Total Fat: 1.5g

Saturated: 0.3g

Monounsaturated: 0.24g

Polyunsaturated: 0.61g

Cholesterol: 25mg

Sodium: 18mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 14g

Calcium: 15mg

Iron: 0.3mg