



# Redfish

*Sebastes marinus/mantella or fasciatus*

## General Characteristics:

Redfish are found in deep waters between 300 meters and 1000 meters in the North Atlantic Ocean. Redfish are ray-finned, with reddish and white hues. Redfish are excellent eating and bait fish.

**Fishing Season:** Year-round

**Grade:** Food or Bait

**Origin:** USA, Canada, Europe

**Size:** Ocean Run (Whole Round or Heads), U100g, 100/300g, 300/500g, 500g+

**Pack Style:** Block Frozen

## Nutritional Value:

Serving Size 100g

**Calories:** 108

**Total Fat:** 4g

**Saturated:** 0.7g

**Monounsaturated:** 0.8g

**Polyunsaturated:** 1.2g

**Cholesterol:** 30mg

**Sodium:** 80mg

**Total Carb:** 0g

**Dietary Fiber:** 0g

**Sugars:** 0g

**Protein:** 18g

**Calcium:** 20mg

**Iron:** 0.7mg