



Surf Clams

Spisula solidissima

General Characteristics:

Surf Clams are a bivalve mollusk found in the Atlantic Ocean all up and down the east coast of America. They are typically caught either by hand harvesters or dredge boats commercially. Surf clams are found in many different dishes and are prized for their sweet flavor. They are also excellent bait for fishermen in different industries.

Fishing Season: Year-round

Grade: Food and Bait

Origin: USA

Size: Ocean run

Pack Style: IQF, Block Frozen



Nutritional Value:

Serving Size 100g

Calories: 73

Total Fat: 1.1g

Saturated: 0.2g

Monounsaturated: 0g

Polyunsaturated: 0g

Cholesterol: 40mg

Sodium: 60mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 14g

Calcium: 63mg

Iron: 4.4mg