

Nutritional Facts

230g / 8.1oz of Fish

Arctic Char	
Amount per serving	
Calories	425.5
Total Fat	27.83g
- Saturated Fat	4.60g
Total Carbs	0g
- Sugars	0g
Protein	43.47g
Salt	0.21g

Cod	
Amount per serving	
Calories	174.8
Total Fat	1.38g
- Saturated Fat	0.23g
Total Carbs	0g
- Sugars	0g
Protein	40.71g
Salt	0.46g

Wolffish	
Amount per serving	
Calories	167.9
Total Fat	3.91g
- Saturated Fat	0.46g
Total Carbs	0g
- Sugars	0g
Protein	37.26g
Salt	0.46g

European Plaice	
Amount per serving	
Calories	190.9
Total Fat	5.06g
- Saturated Fat	0.69g
Total Carbs	0g
- Sugars	0g
Protein	36.57g
Salt	0.69g

Salmon	
Amount per serving	
Calories	430.1
Total Fat	27.37g
- Saturated Fat	5.29g
Total Carbs	0g
- Sugars	0g
Protein	45.77g
Salt	0.23g

Ling	
Amount per serving	
Calories	195.5
Total Fat	1.38g
- Saturated Fat	0.23g
Total Carbs	0g
- Sugars	0g
Protein	45.54g
Salt	0.46g

Haddock	
Amount per serving	
Calories	174.8
Total Fat	1.38g
- Saturated Fat	0.23g
Total Carbs	0g
- Sugars	0g
Protein	40.71g
Salt	0.46g

Lemon Sole	
Amount per serving	
Calories	197.8
Total Fat	4.37g
- Saturated Fat	0.69g
Total Carbs	0g
- Sugars	0g
Protein	39.33g
Salt	0.23g

Halibut	
Amount per serving	
Calories	395.6
Total Fat	29.44g
- Saturated Fat	5.29g
Total Carbs	0g
- Sugars	0g
Protein	32.89g
Salt	0.46g

Golden Redfish	
Amount per serving	
Calories	223.1
Total Fat	6.90g
- Saturated Fat	1.15g
Total Carbs	0g
- Sugars	0g
Protein	40.02g
Salt	0.46g

Tusk/Cusk	
Amount per serving	
Calories	202.4
Total Fat	2.99g
- Saturated Fat	0.46g
Total Carbs	0g
- Sugars	0g
Protein	43.93g
Salt	0.69g

