



**GREAT NORTHERN  
PRODUCTS, LTD.**

# PACIFIC HAKE

*Meluccius productus*



## Warehouse Specifications:

Various

Master Case Dimensions:

Various

Gross Weight:

Pallet Configuration:

Various

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	90
Total Fat	1.31g
Saturated	0.247g
Monounsaturated	0.279g
Polyunsaturated	0.422g
Cholesterol	67mg
Sodium	72mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	18.31g
Vitamin A	100iu
Vitamin C	0.0mg
Calcium	48mg
Iron	0.34mg

## General Information:

The most abundant fish resource is off the West Coast. Pacific Whiting, Hake which it is sometimes called, is also one of the best seafood values around. Every spring, huge schools of whiting migrate up the coast to waters off Oregon and Washington. It is a member of the Merluccidae family, Hake is a semi-pelagic, roaming from ocean floor to mid-water, and is caught by a mid-water trawl.

## Latin Name:

*Meluccius productus*

## Fishing Season:

June through November, however, a quota is set on a yearly basis and is shared between Canada and the United States (Oregon and Washington).

## Average size and Weight:

The typical size range is 50 centimeters long and weighing less than two pounds in their natural form.

## Product Available / Frozen

Mostly available frozen in H&G, HGT, and Whole Round Form; mostly block frozen, but some IQF. H&G and HGT will be shatter packed in 10kg or 15kg cartons in most cases. Whole round will be block frozen and also in 10kg or 15kg cartons.

## Sensory Characteristics:

The Pacific Hake is a slim fish with large eyes and a slim "wrist" ahead of the tail.

**COOL:** wild caught, Canada or USA

## Ingredients:

Pacific Hake

**Quality Control:** HACCP & CFIA approved



**Great Northern Products, Ltd.**

PO Box 7622

Warwick, RI 02887 USA

Phone: +1.401.490.4590

Fax: +1.401.490.5595

[Domestic@NorthernProducts.com](mailto:Domestic@NorthernProducts.com)

[www.NorthernProducts.com](http://www.NorthernProducts.com)