



PACIFIC SARDINES

Sardinops sagax



Warehouse Specifications:

H&G (Gutted, head removed)
Master Case Dimensions:
Various
Gross Weight: Various
Pallet Configuration:
Various

Nutritional Value:

Per 100gram serving size

Calories (kcal)	185
Total Fat	10.45
Saturated	2.684g
Monounsaturated	4.818g
Polyunsaturated	2.111g
Cholesterol	61mg
Sodium	414mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	20.86g
Vitamin A	151iu
Vitamin C	1.0mg
Calcium	240mg
Iron	2.30mg

General Information:

The Pacific sardine is a pelagic fish found in the eastern Pacific from southeast Alaska to Baja California and the Gulf of California and also along Peru and Chile. They form large schools (up to 10 million individuals) and are often associated with anchovy, hake, and mackerel.

Latin Name: *Sardinops sagax*

Fishing Season:

Pacific sardines are available year-round, but the best time of year to try fresh sardines is between January and September.

Average size and Weight:

They can reach 16 inches, but are usually less than 12 inches. Average weight from 40g -250g.

Product Available / Frozen

Pacific sardines sold mostly in frozen whole round form for canning or further processing. This product is also sold in H&G form (gutted and head removed).

Sensory Characteristics:

Sardines are small fish. They are typically blue-green on the back and have white flanks with 1 to 3 series of dark spots along the middle section.

COOL: Wild caught, USA

Ingredients:

Sardines

Quality Control: HACCP



Great Northern Products, Ltd.

PO Box 7622

Warwick, RI 02887 USA

Phone: +1.401.490.4590

Fax: +1.401.490.5595

Domestic@NorthernProducts.com

www.NorthernProducts.com