



**GREAT NORTHERN
PRODUCTS, LTD.**

ATLANTIC MACKEREL

Scomber scombrus



Warehouse Specifications:

Whole Round

Master Case Dimensions:

Various

Gross Weight: Various

Pallet Configuration:

Various

Nutritional Value:

Per 100gram serving size

Calories (kcal)	205
Total Fat	13.89g
Saturated	3.257g
Monounsaturated	5.456g
Polyunsaturated	3.350g
Cholesterol	70mg
Sodium	90mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	18.60g
Vitamin A	167iu
Vitamin C	0.4mg
Calcium	12mg
Iron	1.63mg

General Information:

Atlantic Mackerel are iridescent blue green above with a silvery white under belly. 20 - 30 black bars run across the top half of their body giving them a distinctive appearance. The efficient spindle shape of their body and their strong tail fin give this fish the ability to move swiftly through the water. Atlantic Mackerel have 2 separate dorsal fins and, like Tuna, they possess several dorsal and anal finlets.

Latin Name:

Scomber scombrus

Fishing Season:

Fished from Canada to North Carolina the majority of U.S. caught mackerel is harvested from Maine to NJ. Atlantic Mackerel is typically fished using purse seines or trawl nets.

Average size and Weight:

On average, Atlantic Mackerel weigh less than one (1) pound, with some individuals reaching 2 pounds.

Product Available / Frozen

Frozen, (whole round)
Skin-on Fillets

Sensory Characteristics:

Atlantic Mackerel is a light white meat with a mild taste and soft texture. Its high oil content makes it great for smoking, canning & salting.

COOL: wild caught Canada or USA

Ingredients:

Atlantic Mackerel

Quality Control: HACCP
& CFIA approved



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