



# CANADIAN SMELTS

*Osmerus mordax*



## Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	97
Total Fat	2.42g
Saturated	0.452g
Monounsaturated	0.641g
Polyunsaturated	0.885g
Cholesterol	70mg
Sodium	60mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	17.63g
Vitamin A	50iu
Vitamin C	0.0mg
Calcium	60mg
Iron	.90mg

## General Information:

The body of the smelt is slender and cylindrical. It has a silvery, pale green back and is iridescent purple, blue, and pink on the sides, with a light underside. When full grown, the rainbow smelt is between 7 and 9 inches (18 and 23 cm) long and weighs about 3 ounces (85 g). Individuals over 12 inches (30 cm) long are known.

## Latin Name:

*Osmerus mordax*

## Fishing Season:

March Thru May

## Average size and Weight:

Typically 7"-9" , can exceed 12"

## Product Available / Frozen

Headless dressed 3-5"

Whole round in various sizes

## Sensory Characteristics:

Also known as American smelt and sea smelt. This species is a sweet meat; soft flesh, very perishable.

**COOL:** wild caught, Canada

## Ingredients:

Smelts

**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)