



GREENLAND HALIBUT

Reinhardtius hippoglossoides

TURBOT



Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)	186
Total Fat	13.84g
Saturated	2.419g
Monounsaturated	8.378g
Polyunsaturated	1.367g
Cholesterol	46mg
Sodium	80mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	14.37g
Vitamin A	47iu
Vitamin C	0.0mg
Calcium	3mg
Iron	0.66mg

General Information:

Greenland halibut (turbot) is not a true turbot (*Psetta maxima*) and actually more closely resembles its relative, halibut. It is sold as turbot in the United States so as not to confuse it with Pacific or Atlantic Halibut.

Greenland halibut is caught in the cold, northern part of the Atlantic Ocean.

Greenland halibut lives at the bottom of the ocean in depths of 250-2000 meters, where the temperature is ice-cold.

Latin Name:

Reinhardtius hippoglossoides

Fishing Season:

April through October

Harvested using either bottom trawl gear or longline

Average size and Weight:

Greenland Halibut grow from 1/2 pound to as large as 20 pounds. The average size harvested is 1-3# fish.

Product Available / Frozen

Numerous product forms exist, primarily H&G (fresh/frozen); skinless and boneless fillets (fresh/frozen in a variety of sizes; blocks an IQF Frozen. Sizes range: 400-800g, 800-1200g, 1200 g +

Sensory Characteristics:

The meat is snow-white with a high fat content and a rich flavor. This makes it very popular for sushi, sashimi and smoking.

COOL: wild caught, Canada

Ingredients:

Greenland Halibut

Quality Control: HACCP & CFIA approved



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