



**GREAT NORTHERN  
PRODUCTS, LTD.**

# ATLANTIC HALIBUT

*Hippoglossus hippoglossus*



## Warehouse Specifications:

Sold H&G or Fletches  
Master Case Dimensions:  
Various  
Gross Weight: Various  
Pallet Configuration:  
Various

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	91
Total Fat	1.33g
Saturated	.292g
Monounsaturated	.471g
Polyunsaturated	0.29
Cholesterol	49mg
Sodium	68mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	18.56g
Vitamin A	67 IU
Vitamin C	0.0mg
Calcium	7mg
Iron	0.16mg%

## General Information:

The Atlantic Halibut has a flat shape and a strange appearance due to the position of both eyes on the right side. When the Atlantic Halibut changes from a larva to a fish, its eyes are initially located on each side of its head. During its first year, it undergoes a major change, its left eye migrates towards the right side of its head. It then swims with its blind (eyeless) side facing the sea bottom.

## Latin Name:

*Hippoglossus hippoglossus*

## Fishing Season:

Fishing season runs from May thru August as the main season, but Atlantic Halibut are landed throughout the year in some fishing zones.

## Average size and Weight:

Halibut can live up to 50 years and an average size from 10 - 200 Lbs with some fish weighing in at over 500lbs.

## Product Available / Frozen

Fresh halibut are available in the summer months fresh and frozen all year long.

## Sensory Characteristics:

Firm white, moist tasty flesh considered a delicacy the world over.

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

## Ingredients:

Atlantic Halibut

**Quality Control:** HACCP & CFIA approved



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