

Haddock

Source: Iceland



~ *Melanogrammus aeglefinus*

Product Line

Nutritional Information



110g/130g Portions
Skinless, Boneless
IVP

500g Nuggets Pack
Skinless, Boneless
VP

10 kg cartons NET

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Servings	1
Serving Weight	100g (raw)
Calories	87
Protein	18.91 g
Fat, total	0.72 g
Saturated fatty acids, total	0.13 g
Carbohydrate	0 g
Sugars, total	0 g
Fiber, total dietary	0 g
Cholesterol	57 mg
Selenium	30.2 mcg
Sodium	68 mg

Documentation Proof

<i>Country</i>	<i>Documents Required</i>
United States (FAO67)	Health Certificate Export Certificate from NOAA
Iceland (FAO27)	Certificate of Origin Inspection and Quarantine Certificate Catch Certificate

Summary

There is a seine and trawl fishery (Scottish Fisheries Sustainable Accreditation Group (SFSAG) for haddock in the North Sea, certified as an environmentally responsible fishery by the Marine Stewardship Council (MSC) in October 2010. Certified and therefore fully traceable haddock is the best choice for this fishery.

PRR Accepted Standard

Caught by long line or Danish seine from FAO21 (Atlantic Northwest) & FAO 27 (North East Atlantic)

Sustainability

The haddock stock in these areas is currently in a healthy state and harvested sustainably.

To help reduce the impact of fishing on fish stocks which are depleted or being heavily fished, choose line-caught fish where available.

