



Mackerel(Atlantic)



ANALYSIS GUIDE

Ash: 2.59%

Carbohydrates: <dl

Fat: 18.23%

Moisture: 61.93%

Protein: 16.35%

Calories: 229.47 cal/100g

Scientific Name: *Scomber scrombrus*

Also known as [Boston Mackerel](#), they are produced in the north Atlantic. These fish are graded by grams per fish. Typical counts are 100/200, 300/500 & 400/600 grams.

Produced: USA – January through April
Canada – September through November

Packaged: Assorted case sizes