



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 scombrus

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