



Silversides

ANALYSIS GUIDE

Ash:	3.64%
Carbohydrates:	<dl
Fat:	7.97%
Moisture:	72.41%
Protein:	15.82%
Calories:	135.01 cal/100g

Scientific Name: Menidia menidia

Also known as **Spearing**, these fish are produced off the coast of Prince Edward Island. The average size is 2½ inches in length with approximately 85 to 95 fish per pound.

Produced: November through December

Packaged: Assorted case sizes