



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 $2\frac{1}{2}$ inches in length with approximately 85 to 95 fish per pound.

Produced: November through December

Packaged: Assorted case sizes