

# Atlantic halibut steaks

70-250gr

Norwegian origin, caught in FA027



## Product Characteristics

Latin name	Hippoglossus hippoglossus	
Appearance	-	
Taste	Characteristic	
Smell	Fresh	
Consistency	Firm	
Raw Material	From head off gutted halibut	
Portions	Neck piece and tail must be removed Uniform portions without spots Width Weight	
Defects	Blood spot presence Blood spot size max 3mm (1/portion) Gapping max 1cm deep, 4cm wide Bruising none Melanosis none	Max 2% 5% 5% 3% 1%
Packaging	Individual Quick Freezing (IQF) Bulk in 5kg boxes with plastic inner bag (blue) Optional in polybag ex. 500gr	
Microbiological limit	TPC <100 000 cfu/g Coliforme <10 cfu/g E Coli <10 cfu/g Staph.aureus <10 cfu/g Salmonella negative Listeria negative	



LM Processing AS, established in 1987, on the west coast of Norway, is a manufacturer of first-class sea products supplied throughout Europe and beyond.

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Our line of products originate from either a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery, or from a farm that has been independently certified to the ASC's standard for responsibly farmed seafood.

MSC-C-58817 ASC-C-03233

Nutrient	Quantity	Unit	Nutrient	Quantity	Unit
Edible part	80	%	Cholesterol	50	mg
Water	71	g	Carbohydrate, glycemic	0	g
Kilojoules	515	kJ	Starch	0	g
Kilocalories	123	kcal	Mono+Di saccharides	0	g
Fat	6.1	g	Sugar, added	0	g
Saturated fatty acids	1	g	Dietary fibre	0	g
C12:0	0	g	Protein	17	g
C14:0	0.17	g	Salt	0.2	g
C16:0	0.62	g	Alcohol	0	g
C18:0	0.15	g	Vitamin A	17	µg-RE
Transunsaturated fatty acids	0	g	Retinol	17	µg
Cis-mono unsaturated fatty acids	3.1	g	Beta-carotene	0	µg
C16:1 sum	0.52	g	Vitamin D	9.7	µg
C18:1 sum	1.41	g	Vitamin E	1.8	alfa-TE
Cis-poly unsaturated fatty acids	1.2	g	Thiamin	0.06	mg
C18:2n-6	0.05	g	Riboflavin	0.05	mg
C18:3n-3	0.02	g	Niacin	4.7	mg
C20:3n-3	0	g	Vitamin B6	0.48	mg
C20:3n-6	0	g	Folate	7	µg
C20:4n-3	0.03	g	Vitamin B12	0.7	µg
C20:4n-6	0.07	g	Vitamin C	0	mg
C20:5n-3 (EPA)	0.33	g	Calcium	4	mg
C22:5n-3 (DPA)	0.07	g	Iron	0.2	mg
C22:6n-3 (DHA)	0.48	g	Sodium	63	mg
Cis-poly unsaturated fatty acids, n-3	1.02	g	Potassium	431	mg
Cis-poly unsaturated fatty acids, n-6	0.13	g	Magnesium	21	mg
			Zinc	0.4	mg
			Selenium	60	µg
			Copper	0.03	mg
			Phosphorus	204	mg
			Iodine	21	µg



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