

# Ling

*Molva Molva*



**SEA STAR SEAFOODS**  
*Family Tradition Since 1894*



Sea Star Seafoods Ltd.

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Ling (*Molva Molva*) is a long slender fish that is caught in the deep waters of the North Atlantic mostly with hook and line boats which guarantees top quality. The Lings meat is white with a firm texture that is tasty and lean similar to a cod. Some of these fish grow up to 5 feet long which is an impressive sight.



FAO: 21/27

## Bulk

Bone-In Jumbo Ling (Wood)	66.13 lbs. (30 kg)
Bone-In Extra Large Ling	50 lbs. (22.7 kg)
Bone-In Large Ling	50 lbs. (22.7 kg)
Semi-Boneless Jumbo Ling Fillets	40 lbs. (18.14 kg)
Semi -Boneless Extra Large Ling Fillets	40 lbs. (18.14 kg)
Semi-Boneless Large Ling Fillets	40 lbs. (18.14 kg)
Semi-Boneless Medium Ling Fillets	40 lbs. (18.14 kg)

## Nutrition Facts

Serving size: 100g / 3.5oz (raw)

Amount per serving

Calories	80
Fat Calories	9
Total Fat	1g
Saturated Fat	0g
Cholesterol	70mg
Sodium	100mg
Protein	17g
Omega - 3	0.4g

