

# Mackerel

*Scomber Scombrus*



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



**Sea Star Seafoods Ltd.**

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Mackerel (*Scomber Scombrus*) has locally been an important source of food since the 1600's. It is a pelagic fish known for having a strong, rich flavor, twice the Omega 3 fatty acids per unit weight as salmon and being extremely high in vitamin B.



## Bulk

Back Split Pickled Mackerel (Pail)	50 lbs. (22.7 kg)
Back Split Pickled Mackerel (Pail)	25 lbs. (11.3 kg)

## Retail

Back Split Pickled Mackerel (Vacuum Packed)	20 lbs (9.07 kg)
Pickled Mackerel Fillets (Pouch)	9 lbs. (4.08 kg)

## Nutrition Facts

Serving size: 56g  
Amount per serving

Calories	45
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	40mg
Sodium	4230mg
Protein	11g
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	4%

