

# Greenland Halibut (Turbot)

## Savour the Arctic's Best Kept Secret

### Nutritional Information

#### Per 100g of flesh – medium-fat fish

|                     |               |
|---------------------|---------------|
| Energy              | 108 calories  |
| Protein             | 19.5 grams    |
| Fat                 | 0.5-9.6 grams |
| Cholesterol         | 47 mg         |
| Omega-3 Fatty Acids | 1.3 grams     |

#### Trace amounts of Carbohydrates

|           |       |
|-----------|-------|
| Sodium    | 71mg  |
| Potassium | 412mg |
| Calcium   | 15mg  |

Greenland halibut “turbot” (*Reinhardtius hippoglossoides*) is a deep water flat fish found in the cold waters of the northern Atlantic ocean. They are especially abundant in coastal bays, fjords of West Greenland and east Baffin Island. Qikiqtaaluk Fisheries Corporation offers frozen at sea turbot from icy cold Arctic waters.

Greenland halibut is yellowish or greyish-brown in skin color with uniform dark pigmentation throughout the body. The average weight in the commercial range is from .5 kg to 5 kg (whole). Nunavut has been actively involved in the Greenland halibut fishery since the mid-1980s in Cumberland Sound utilizing long line technology. In the mid 1990s, Nunavut began its participation in turbot fishing area 0B and, more recently, Nunavut's involvement expanded in the offshore regions of Davis Strait and Baffin Bay.

### Our Products: FAS Turbot

| DESCRIPTION | SIZING   | PACK  |
|-------------|--|-------|
| H&G         | 500-1000g, 1-2 kg, 2-3 kg, 3-5 kg, mix           | 13 kg |
| WHOLE ROUND | <400g, 400-600g, 600-800g, 800-1000g, 1000-1200g | 13 kg |
| HEADS       | <300 g, 300-500g, 500-700g, 700+                 | 13 kg |
| TAILS       | Mixed  | 13kg  |

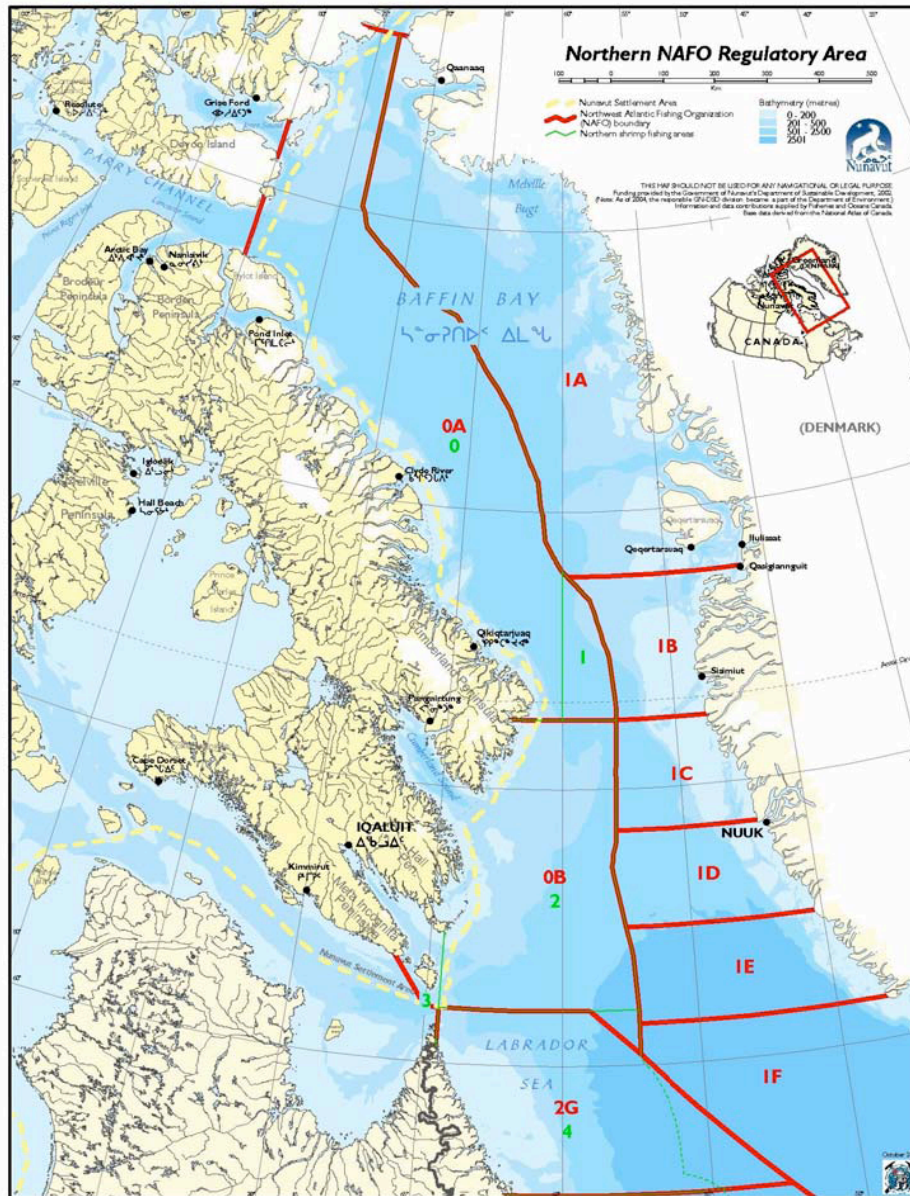


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## Turbot Fishing Areas

The shrimp fishing areas are identified with green numbers.  
The red number letter combinations are for Greenland Halibut.



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