



SEA HARVEST SEAFOOD LTD.
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ABOUT SILVER HAKE

MERLUCCIUS BILINEARIS

Nova Scotia silver hake are harvested from the cold, clean, pristine waters along the coast of the province and shipped all over the world. Also known as “Whiting” or “Atlantic Hake,” silver hake is named for the silvery iridescence on its skin.

NOVA SCOTIA SILVER HAKE. PURE.

Nova Scotian silver hake is primarily exported as a fresh or frozen, unprocessed product. Nova Scotia’s silver hake processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product.

WILD AND SUSTAINABLE

The Nova Scotia silver hake fishery is managed through Integrated Fisheries Management Plans, which identify quota allocations, fishing seasons and areas, as well as the tools used to control and monitor fishing activities, licensing, and regulation.

PRODUCT TYPES

Nova Scotia’s silver hake comes packaged in a wide selection of products and sizes, fresh, frozen and processed for consistent quality, including:

- Whole, fresh
- Whole, frozen

NUTRITION FACTS

SERVING SIZE 1 FILLET (180 GRAMS)

CALORIES 114

TOTAL FAT 1.3G

SATURATED FAT 0G

TRANS FAT

CHOLESTEROL 51MG

SODIUM 229MG

TOTAL CARBOHYDRATE 1.3G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 25.4G

REGION OF ORIGIN

