



*Melanogrammus aeglefinus*

Haddock and cod are both members of the family Gadidae. Before the advent of refrigeration, cod was preferred due to its suitability for salting. Presently, fresh and frozen haddock have now become the consumer's number one choice, presenting a more delicate, slightly sweeter flavour than cod.

Haddock are a bottom dwelling species, which is caught on both sides of the North Atlantic. It is smaller than cod and can be distinguished by a dark lateral line and a black spot behind the gills, known as the "Devil's Thumbprint". Average length and weight is 50 - 60cm. and 1 - 2.5 kg. respectively. The meat provides excellent nutrition, low in fat and is a good source of sodium and potassium. Cooking is restricted only to one's imagination, the most popular North American presentation being battered fish and chips. Smoked haddock is also a very popular and has been made famous as Finnan Haddie.

Goldwater Seafoods can fulfill all your haddock requirements year round, whether it be our popular 6/12 oz. skinless boneless fillets, frozen smoked fillets or custom ordered to your specifications.

Following is the list nutritional breakdown for 100g of steamed meat:

Energy	112cal	Minerals	
Protein	24.24g	Sodium	87mg
Fat	0.93g	Potassium	399mg
Cholesterol	74mg	Calcium	42mg
Carbohydrates	0.0g		

For more information, please visit us at: [www.goldwaterseafoods.com](http://www.goldwaterseafoods.com)

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