

# HALIBUT



**PETERPAN**  
SEAFOODS, INC.

# HALIBUT

(*Hippoglossus stenolepis*)

## BUYER'S INFORMATION

Halibut is the largest of the flatfish species. This fish can range from 10 lbs. to as much as 400 lbs. Although most commercially caught halibut are between 10 and 150 lbs. The meat is lean, mild and has a delicate sweet flavor. It is snow white in color when cooked; the texture is firm and flaky with minimal bones.

### FORMS

4, 6, 8 and 10 oz.  
Standard Steaks  
Loin Steaks  
and Boneless Skinless Portions

1/3 lb. – 3/5 lb. – and 5 lb./up Boneless  
Skinless Fletches

10/20 lb. – 20/40 lb. – 40/60 lb. –  
60 lb./up H&G Fish

### NUTRITION

Serving Size: 4 oz. raw (112g)  
Calories: 124  
Calories from Fat: 23  
Protein: 23.5 g  
Total Fat: 2.6 g  
Saturated Fat: 0.3 g  
Trans Fat: 0 g  
Cholesterol: 36 mg  
Sodium: 61 mg  
Total Carbohydrates: 0 g  
Dietary Fiber/Sugar: 0 g  
Omega 3 Fatty Acids: 0.6 g

### SPECIFICATIONS

All steaks and fillets +/- 1 oz.

Size	Package	Carton	Avg. Pieces per Case
4 oz. (Twin Pack)	Vac Pac	1/10 lb.	39-42
6 oz. (Single Pack)	Vac Pac	1/10 lb.	24-28
8 oz. (Single Pack)	Vac Pac	1/10 lb.	19-23
10 oz. (Single Pack)	Vac Pac	1/10 lb.	15-19

Fletches and H&G.

Size	Package	Carton
1/3 lb. – 3/5 lb. – 5 lb./up Fletches	IQF	1/30 lb.
10/20 lb. H&G	IQF	1/50 lb and 1/100 lb.
20/40 lb. H&G	IQF	2 Fish Box and 1/100 lb.
40 lb./up H&G	IQF	1000 lb. to 2000 lb. Totes

### DIMENSIONS

Product Description	Package Size	Net Weight	Gross Weight	Pallet Count	Pattern	Dimensions L" x W" x H"	Cube
Steak and Fillet Boxes	1/10 lb.	10 lbs.	12 lbs.	180	18x10	1150" x 8.75" x 5.00"	0.49
Fletch Boxes	1/30 lb.	30 lbs.	35 lbs.	20	5x4	28.05" x 13.90" x 6.00"	1.35



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