

# Tusk



Latin: Brosme Brosme

Tusk has taste similar to lobster. Since fish meat is so firm Tusk may easily be used on the grill, baked in the oven or cooked in small pieces on the wok.

In Norway tusk common in the deeper fjords of western Norway and along the continental slope. It can occur at 50-1000 meters, but is most common between 200-500 meters.

Tusk is mature when it is between eight and ten years. It spawn from April to June off the coast of Southern and Central Norway and in an area between Scotland, the Faroe Islands and Iceland.

The Norwegian Tusk fishing takes place throughout the year, mainly in the north about 72 degrees north.

## Size

Up to 1 meter and 9 kg  
Longevity: over 20 years

## Nutrition

Tusk is particularly rich in protein, which builds and maintains all body cells. Vitamin B12, which is essential for the body to form new cells, including red blood cells. Vitamin B12 can help prevent anemia, anemia. Selenium, an important contributory substance in an enzyme that fights harmful chemical processes in the body.

## Nutritional content

100 g tusk, raw (edible portion)  
Energy content 281 kJ or 66 kcal  
Protein: 16.1 g  
Fat: 0.2 g

Saturated fatty acids: 0 g  
Transmission Unsaturated fatty acids: 0 g  
Monounsaturated fatty acids: 0 g  
Polyunsaturated fatty acids: 0.1 g  
Cholesterol: 53mg  
Carbohydrates, total: 0 g

## Vitamins

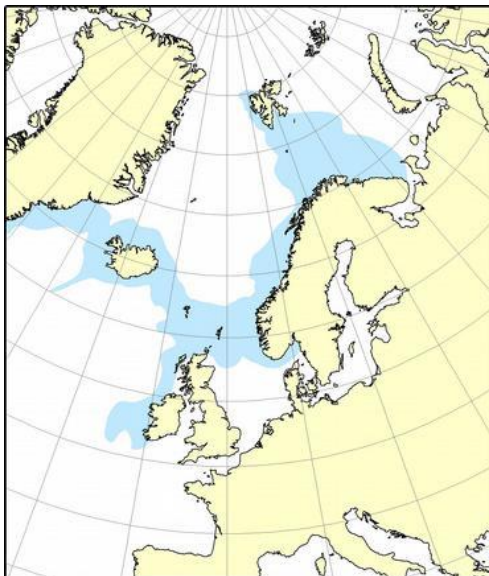
Vitamin A: 2 micrograms  
Vitamin D: 0 micrograms  
Riboflavin: 0.15 mg  
Folate: 2 micrograms  
Vitamin B12: 1 micrograms


## Minerals:

Iron: 0.1 mg  
Selenium: 30 micrograms

More nutritional data on: [www.nifes.no/sjomatdata](http://www.nifes.no/sjomatdata)

## Map of distribution of tusk:



**Brosme**  
 Utbredelse