

White Haibut



Latin: Hippoglossus hippoglossus

White Halibut found on both sides of the North Atlantic, as well along the coast of Norway. Halibut is a large flat fish with small head and small tail. It has white underside and dark upper side, and can change color according to the surroundings. Young white halibuts live in shallower water along the coast, while older and larger halibuts are located at depths between 300 and 2000 meters. The feed consists of fish that the halibut chase along the bottom. Halibut spawn from December to May, in deep pits along the coast or in the fjords. Females can then add up to 3.5 million eggs. Important spawning areas beside the Norwegian coast is the Faroe Islands, Greenland, Iceland and Scotland, Danish Strait, Davis Strait and on the banks off Newfoundland.

Fishing

Halibut is a species that is very sensitive overfishing. Therefore, fishing for halibut with nets, trawls, danish seines and other fixed equipment is prohibited between 20 December and 31 March. After many years of research and development, White Halibut also has established as a farmed species.

Size

Up to 3 meters and 300 kg

Longevity, females can become 50 years old, male 30 years

Nutrition

Halibut is particularly rich in protein, which builds and maintains all body cells. Vitamin D, which is necessary to get the proper calcium balance in the body and thus helps to maintain and strengthen bones. 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 halibut, raw

Energy content: 660 kJ or 158 kcal

Protein: 16.2 g

Fat: 10.4g

Saturated fatty acids: 1.2 g

Transmission Unsaturated fatty acids: 0 g

Monounsaturated fatty acids: 5.3 g

Polyunsaturated fatty acids: 0.7 g

- Which omega -3 constitute 1.8g

Cholesterol: 49mg

Carbohydrates, total: 0 g

Vitamins:

Vitamin A: 0 micrograms

Vitamin D: 18 micrograms

Riboflavin: 0.06 mg

Folate: 9 micrograms

Vitamin B12: 1 micrograms

Minerals:

Iron: 0.2 mg

Selenium: 40 micrograms

More nutritional data on www.nifes.no/sjomatdata.