

Soort/Specie	Voedingswaarde per 100 Gr./ Nutritional Value per 100 Gr.	Vangstinformatie/ Catch Information
Kabeljauw/Cod <i>Gadus morhua</i>	Vet/Fat: 0,7 gram Eiwit/Protein: 16,4 gram IJzer/Steel: 0 mg Vitamines: A, B1, B2, B6, B11, B12 Energie/Energy: 304 kJ / 72 kCal	Vangstgebied/Catch area: North East Atlantic / North East Arctic/Norwegian sea/Northsea/Baltic sea FAO 27 sub area I/sub area II/sub area III/sub area IV Vangstmethode/Catch Method: Handlines and Polelines (LHM)/ Set longlines (LLS)/ Danish Seine (SDN)
Koolvis/Saithe <i>Pollachius virens</i>	Vet/Fat: 1,2 gram Eiwit/Protein: 17,2 gram IJzer/Steel: 1 mg Vitamines: A, B1, B2, B6, B11, B12 Energie/Energy: 333 kJ / 80 kCal	Vangstgebied/Catch area: North East Atlantic / North East Arctic/Norwegian sea/Northsea/Baltic sea FAO 27 sub area I/sub area II/sub area III/sub area IV Vangstmethode/Catch Method: Handlines and Polelines (LHM)/ Set longlines (LLS)/ Danish Seine (SDN)
Schelvis/Haddock <i>Melanogrammus aeglefinus</i>	Vet/Fat: 0,3 gram Eiwit/Protein: 19 gram IJzer/Steel: 0,7 mg Vitamines: A, B1, B2, B6, B11, B12 Energie/Energy: 334 kJ / 79 kCal	Vangstgebied/Catch area: North East Atlantic / North East Arctic/Norwegian sea/Northsea/Baltic sea FAO 27 sub area I/sub area II/sub area III/sub area IV Vangstmethode/Catch Method: Handlines and Polelines (LHM)/ Set longlines (LLS)/ Danish Seine (SDN)
Snoekbaars/Pike perch <i>Stizostedion lucioperca</i>	Vet/Fat: 0,9 gram Eiwit/Protein: 19 gram IJzer/Steel: 0,2 mg Vitamines: B1, B2, C Energie/Energy: 382 kJ / 91 kCal	Vangstgebied/Catch area: IJsselmeer (NL) ZuiderZeeZilver (ZZZ) certified  Vangstmethode/Catch Method: Gillnet/Pod/Basket trap
Baars/Perch <i>Perca fluviatilis</i>	Vet/Fat: 0,8 gram Eiwit/Protein: 18,5 gram IJzer/Steel: 1 mg Vitamines: A, B1, B2, B6, B11, B12, C, D Energie/Energy: 344 kJ / 82 kCal	Vangstgebied/Catch area: IJsselmeer (NL) Vangstmethode/Catch Method: Gillnet/Pod/Basket trap

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