

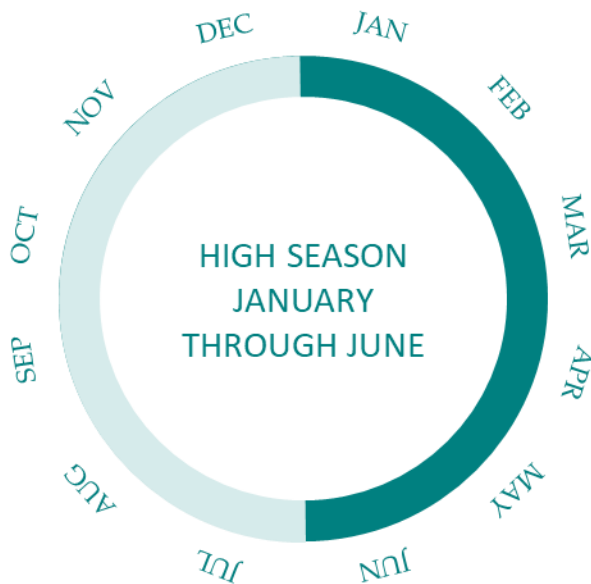


# Ling (Molva Molva) Fresh & Frozen

### Options:

- Skin on fillets
- Skinless/boneless
- Single frozen IQF
- Frozen at sea
- Fresh by air
- All sizes

*Ling is a long and slender fish which can live up to 25 years. Ling is white, firm fish with flakes. It is a predatory fish and will eat just about anything in its path. Ling lives on hard or sandy bottoms among large rocks in relatively deep areas.*



### Nutrition Facts

4oz (100g) of raw Ling contains

|                |         |
|----------------|---------|
| Energy:        | 87 kcal |
| Protein:       | 19 g    |
| Saturated Fat: | 0.1 g   |
| Cholesterol:   | 40 mg   |
| Water:         | 79.6 g  |