

MEAGRE

Scientific Name: *Argyrosomus regius*
Other common names: Corvina, Maigre

Product of Greece

Meagre is a fairly large fish and has a similar shape to seabass, with pearly-silver coloration and yellow-coloured mouth. It lives in deep sea waters, but often is also found in shallow and rocky seabeds in the Mediterranean region.

Its low fat white flesh is very moist and tasty and has a firm texture. Meagre is rich in nutritional value and low in calories. It is better served grilled, baked, boiled or steamed.

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	582,00	Total carbohydrates (g)	0,00
Calories (Kcal)	140,00	Salt (g)	0,19
Total fat (g)	6,80	Sodium (g)	0,08
Saturated fatty acids (g)	1,34	Ωmega 3 fatty acids (g)	1,22
Proteins (g)	19,80	EPA+DHA polyunsaturated fats (g)	0,90

FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
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SIZES OF WHOLE ROUND MEAGRE

1000gr+

2000gr+

3000gr+

4000gr+

PACKAGING FOR FRESH FISH

10 Kg Polystyrene boxes of variable weight

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH WHOLE ROUND: 13 DAYS
FROM HARVEST DAY

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius



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