

Nutritional labelling of stockfish (*Gadus morhua*) & cod products

The updating of nutritional information, according to labelling criteria, has been carried out in cod stockfish (*Gadus morhua*) and cod products (rehydrated stockfish, dried heads & lutefisk) in accordance to criteria laid down in Regulation EU 1169/2011, presently in force.

1 Nutritional information	Stockfish cod	
	Per 100g	
Energy	1294 kJ	305 kcal
Fat	1,5 g	
of which		
saturates	0,4 g	
monounsaturated	0,6 g	
polyunsaturated	0,5 g	
Carbohydrates	<0,5 g	
of which		
sugars	<0,5 g	
Protein	72,6 g	
Salt	0,88 g	



2 Nutritional information	Rehydrated Stockfish	
	Per 100g	
Energy	339 KJ	79 kcal
Fat	<0,5 g	
of which		
saturates	<0,1 g	
monounsaturated	<0,1 g	
polyunsaturated	<0,1 g	
Carbohydrates	<0,5 g	
of which		
sugars	<0,5 g	
Protein	19,1 g	
Salt	0,09 g	

3 Nutritional information	Dried cod heads	
	Per 100g	
Energy	912 kJ	215 kcal
Fat	2,7 g	
of which		
saturates	0,8 g	
monounsaturated	1,2 g	
polyunsaturated	0,7 g	
Carbohydrates	0,7 g	
of which		
sugars	- g	
Protein	46,9 g	
Salt	3,5 g	



4 Nutritional information	Lutefisk	
	Per 100g	
Energy	<160 kJ	<40 kcal
Fat	0,04 g	
of which		
saturates	0,01 g	
monounsaturated	0,02 g	
polyunsaturated	0,01 g	
Carbohydrates	0,2 g	
of which		
sugars	- g	
Protein	5,1 g	
Salt	0,24 g	

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Nutritional labelling of stockfish (haddock, ling, saithe & tusk)

The updating of nutritional information, according to labelling criteria laid down in Regulation EU 1169/2011, has been carried out in four species of dried whitefish: haddock (*Melanogrammus aeglefinus*), ling (*Molva molva*), saithe (*Pollachius virens*) and tusk (*Brosme brosme*).

It should be noted, however, that Annex V of this legal reference states that “processed products which the only processing they have been subjected to is maturing and that comprise a single ingredient or category of ingredients” are exempt from the requirement of the mandatory nutrition declaration.

5 Nutritional information	Stockfish haddock	
	Per 100g	
Energy	1270 KJ	299 kcal
Fat	0,9	g
of which		
saturates	0,3	g
monounsaturated	0,2	g
polyunsaturated	0,3	g
Carbohydrates	<0,5	g
of which		
sugars	<0,5	g
Protein	72	g
Salt	1,6	g



6 Nutritional information	Stockfish ling	
	Per 100g	
Energy	1269 KJ	299 kcal
Fat	0,7	g
of which		
saturates	0,3	g
monounsaturated	0,3	g
polyunsaturated	0,1	g
Carbohydrates	<0,5	g
of which		
sugars	<0,5	g
Protein	73	g
Salt	3,4	g

7 Nutritional information	Stockfish saithe	
	Per 100g	
Energy	1293 KJ	305 kcal
Fat	1,3	g
of which		
saturates	0,9	g
monounsaturated	0,3	g
polyunsaturated	0,1	g
Carbohydrates	<0,5	g
of which		
sugars	<0,5	g
Protein	73	g
Salt	1,3	g



8 Nutritional information	Stockfish tusk	
	Per 100g	
Energy	1180 KJ	272 kcal
Fat	0,8	g
of which		
saturates	0,4	g
monounsaturated	0,3	g
polyunsaturated	0,1	g
Carbohydrates	<0,5	g
of which		
sugars	<0,5	g
Protein	67	g
Salt	4,6	g