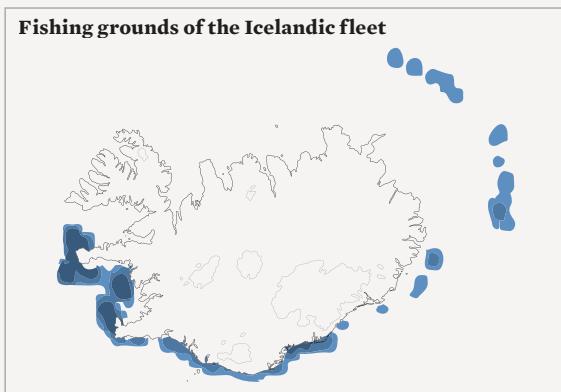


Capelin (*Mallotus villosus*) is a small pelagic fish from the cold, pristine waters of the North Atlantic. Known for its delicate texture and mild, slightly rich flavor, it is widely enjoyed whole or valued for its roe, a delicacy in many markets.

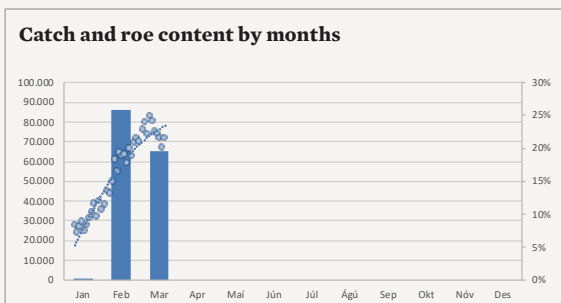
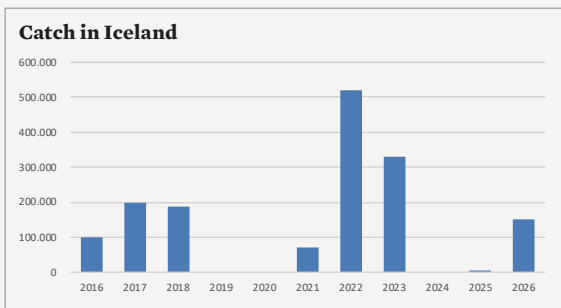
Capelin is a natural source of high-quality protein and omega-3 fatty acids, with fat content varying seasonally. It also provides essential nutrients such as vitamin D, B12 and selenium.

The fishery is managed with a careful, science-based approach, and catch levels vary significantly between years depending on stock size.

Caught and processed in Iceland, our capelin is handled with care and frozen using advanced methods to preserve freshness, quality and nutritional value.



Gradings WR	20–30, 25–35, 30–40, 35–45, Mix								
Gradings WR female	41–45, 46–50, 54–55, 56–60, Roes								
Freezing styles	Block frozen / Vacuum / Blast frozen / IQF								
Packing styles	Plastic bags in standard cartons								
Catching method	Trawl (OTM) / Purse seine (PS)								
Nutrition facts (100g)	<table border="0"> <tr> <td>kj</td> <td>896</td> </tr> <tr> <td>kcal</td> <td>216</td> </tr> <tr> <td>Protein</td> <td>14</td> </tr> <tr> <td>Fat</td> <td>Subject to season (5–20%)</td> </tr> </table>	kj	896	kcal	216	Protein	14	Fat	Subject to season (5–20%)
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kcal	216								
Protein	14								
Fat	Subject to season (5–20%)								



Packing



YOUR RELIABLE SEAFOOD PARTNER

Skinney-Thinganes, Isfelag, Brim and Iceland Pelagic form a group of companies involved in fishing, processing and selling frozen, salted and fresh seafood.

Our product portfolio consists of pelagic fish such as herring, mackerel, capelin and capelin roe, groundfish such as redfish, saithe and silver smelt, as well as fishmeal and fishoil.

