

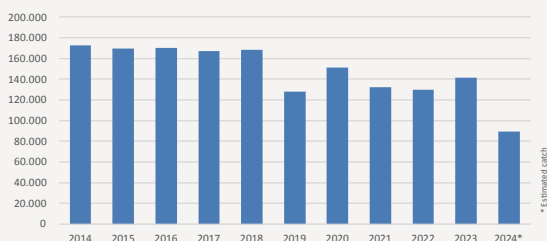
The most recent newcomer to Icelandic coastal waters is mackerel, which first began to make its home in Icelandic fishing grounds in the beginning of the 21st century, and seems to be here to stay. It certainly has enough forage to survive on and flourish in Icelandic coastal waters. The fishing of mackerel has increased dramatically over the last few years, and the value of the catch has risen accordingly, mackerel being entirely processed for human consumption.

Gradings WR	200–400g / 300–500g / 500g+ / 600g+	
Gradings HG	150g+ / 200g+ / 200–400g / 250g+ / 300g+ / 350g+ / 400g+	
Gradings fillets	50g+ / 60g+ / 60–100g / 70g+ / 80g+ / 90g+ / 100g+ / 110g+	
Freezing styles	Block frozen / Blast frozen / Vacuum / IQF	
Packing styles	Plastic bags in standard cartons / Tots	
Catching method	Trawl (OTM)	
Nutrition facts (100g)	kj	1291
	kcal	311
	Protein	19,6
	Fat	Subject to seasons (15–25%)

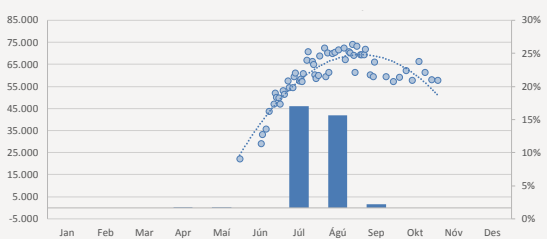
Packing



Catch in Iceland



Catch and fat content by months



Availability

The Icelandic mackerel catching season typically runs from mid-June to late September.

Health Benefits

Mackerel is a good source of omega-3 fatty acids, which can support heart health. It also provides important nutrients like selenium, niacin, and vitamins B6 and B12, making it a nutritious addition to your diet.

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.