



# SEA HARVEST SEAFOOD LTD.

1-902-209-5077 [WWW.SEAHARVESTSEAFOODS.COM](http://WWW.SEAHARVESTSEAFOODS.COM)



## ABOUT SEA SCALLOP

PLACOPECTEN MAGELLANICUS

Prized for its large, delicious, succulent meat, Nova Scotia scallops are harvested from the cold, clean, pristine waters of the Atlantic Ocean, found densely concentrated on the sandy gravel bottoms of the sea. Also referred to as Giant Scallops, sea scallops are bivalve molluscs and are one of Nova Scotia's most important commercial shellfish species. Sea scallops are possibly best known for its beautiful and distinctive circular-shaped shell that can reach up to 20 cm in size.

### NOVA SCOTIA SEA SCALLOP. PURE.

Nova Scotia's scallop fishery is carefully managed to bring the highest quality scallop product to market year-round. Most offshore catches in Nova Scotia are shucked at sea, frozen at sea or placed in wet storage. The process of shucking consists of using a knife to pry open the shell of the scallop and remove the meat muscle. Nova Scotia's scallop processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product.

### WILD AND SUSTAINABLE

Scallops harvested in Nova Scotia are certified by the Marine Stewardship Council (MSC), the world's leading certification and eco-labelling programs for wild sustainable seafood.

### PRODUCT TYPES

Sea scallops have a lean, rich cream coloured, tender flesh and are available as a fresh, frozen, or value-added product, including:

- Fresh
- Individually quick frozen (IQF)
- Block frozen
- In sauce
- Bacon wrapped

### NUTRITION FACTS

SERVING SIZE 2 LARGE OR 5 SMALL  
(30 GRAMS)

CALORIES 26

TOTAL FAT 0G

SATURATED FAT 0G

TRANS FAT

CHOLESTEROL 10MG

SODIUM 48MG

TOTAL CARBOHYDRATE 1G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 5G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

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