



# ALFONSINO



*Beryx splendens*

Alfonsino have a firm white flesh with high oil content. Alfonsino is suitable for most cooking methods. Wild caught Alfonsino from New Zealand are caught all year round, at a depth of 200-800m. All Sealord Alfonsino are from sustainable and well managed fisheries.



**AVERAGE LENGTH**30-50 cm  
11.8 – 19.7 inches**WEIGHT**1-1.5 kg  
2.2 – 3.3 lbs**AVAILABILITY**

All year round

**CATCH METHOD**

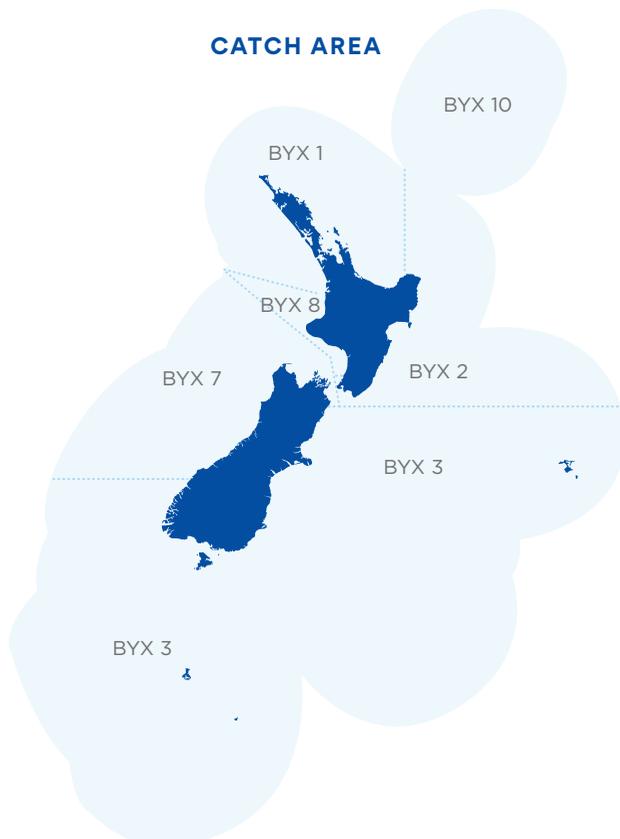
Trawl

**SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS**

Format	Description	Size Grading
Whole	Whole fish	Run of Catch
Dressed	Headed, gutted, tail remains	0.2-0.3kg / 0.3-0.5kg / 0.5-0.7kg / 0.7-1kg / over 1kg / Run of Catch

**SUSTAINABLE DEEPWATER SEAFOOD**

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand’s reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

**CATCH AREA****NUTRITION**

Energy	597kJ	
Protein	18.4g	
Fat	Total	7.6g
	Saturated	2.0g
Carbohydrate	Total	0.2g
	Sugars	0.2g
Sodium	35mg	

**OUR ACCREDITATIONS INCLUDE:**