

ICELANDIC LOBSTER



Latin – **Nephrops norvegicus**

French – **Langoustine**

German – **Kaisergranat**

Spanish – **Cigala**

Icelandic – **Leturhumar**

SIZE

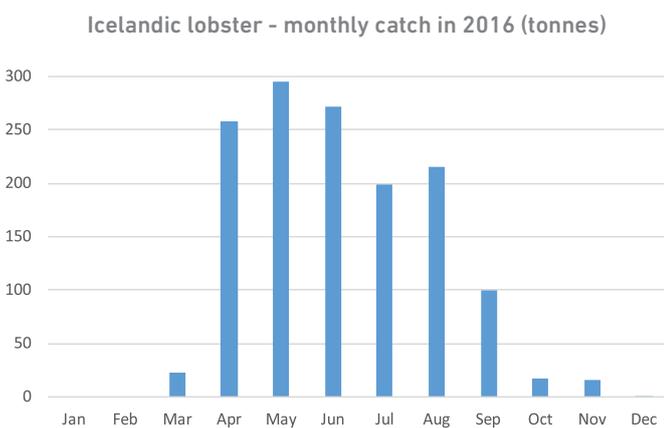
Fully grown male nephrops lobsters in Icelandic waters are from 20 to 25 cm from the eyes to the tail and about 18 cm for females.

CATCH

Total catch of nephrops lobster in Icelandic waters in 2016 was 1,398 tonnes as compared to 1,453 tonnes in 2015. The TAC for 2017/2018 is 1,150 tonnes.

SEASON

The Icelandic nephrops lobster is mostly caught from April to September.



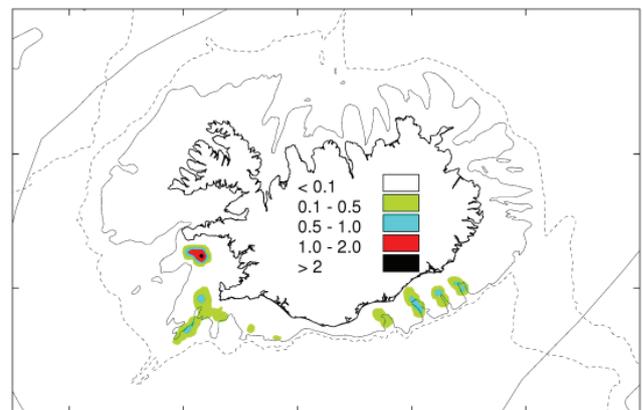
Source: Statistics Iceland

FISHING GEAR

Icelandic lobster is mainly caught with nephrops trawl.

FISHING GROUNDS

The Icelandic lobster is mainly caught off the south coast.



Icelandic lobster - fishing grounds in 2016 (tonnes/nmi²)

Source: The Marine Research Institute

PRODUCTS

Nephrops lobster caught in Icelandic waters is mostly exported as frozen product, both whole-frozen and frozen tails.

MARKETS

The most important markets for the Icelandic lobster are Spain (whole frozen) and North America (frozen tails).

NUTRITION FACTS

Lobster (raw) – Nutrient content per 100 g edible portion	
Energy	74 kcal
Protein	17.6 g
Fat - total	0.6 g
Fatty acids - saturated	0.1 g
Fatty acids - unsaturated	0.5 g

Source: Matis



ICELAND RESPONSIBLE FISHERIES
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