

Yellowtail Fiber Large and Round

Article Overview

Yellowtail is a large, round-bodied fish rich in protein and omega-3s, but it contains negligible dietary fiber.

Physical Characteristics

Yellowtail, commonly referring to species like the Japanese amberjack (*Seriola quinqueradiata*) or yellowtail amberjack (*Seriola lalandi*), is a large fish with a silvery body and yellow fins . It can reach up to 1.2 meters in length and weigh up to 19 kg, making it one of the larger fish used in sushi and sashimi . Its body is elongated yet firm, and the flesh is tender and buttery, which contributes to its popularity in raw and cooked dishes .

Nutritional Profile

Yellowtail is high in protein and provides essential nutrients such as omega-3 fatty acids (EPA and DHA), selenium, vitamin B12, niacin, and phosphorus . A 100 g raw serving typically contains approximately 146 kcal, 23 g protein, and 5 g fat, making it a nutrient-dense option for a balanced diet .

Fiber Content

As a fish, yellowtail does not contain dietary fiber, which is naturally found in plant-based foods. Any reference to "fiber" in the context of yellowtail may be a misunderstanding, as fish provide protein and healthy fats rather than carbohydrates or fiber .

Culinary Uses

Yellowtail is versatile in cooking. It is commonly served raw as sushi or sashimi, but it can also be pan-seared, grilled, or roasted with seasonings like miso, citrus, or herbs . Its firm texture allows it to hold shape during cooking, and its mild flavor pairs well with a variety of sauces and accompaniments.

Farming and Availability

Most yellowtail is farmed in Japan using net pens or floating cages, which allow for controlled growth and protection from predators . The fish typically reaches marketable size after 15-18 months, with full maturity around two years . Wild yellowtail, such as greater amberjack, is leaner and seasonal, sometimes carrying higher mercury levels depending on size and location .

Summary

Yellowtail is a large, round-bodied fish prized for its high-quality protein, omega-3 content, and mild, buttery



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flavor. While it is nutritionally rich, it does not provide dietary fiber, so it should be paired with fiber-rich foods like vegetables or grains for a balanced meal . Its size, texture, and flavor make it a staple in sushi restaurants and a versatile option for home cooking.

You might have large poops that clog the toilet if you eat a very large meal or have chronic constipation. Learn what

Yellow Tail Scad catching are purse seine, trawl, lift net. The Season of Yellow Tail Scad is whole year round. Yellowtail Scad is

These elements combine to shape how big yellowtail can get, whether roaming free in the ocean or swimming in

½ fillet of yellowtail (raw) contains 273 Calories. The macronutrient breakdown is 0% carbs, 34% fat, and 66% protein. This is a good

Recent tracking data show homeguard yellowtail still move long distances; however, their

Explore the diverse species of yellowtail fish, their habitats, diets, and unique reproductive behaviors in this comprehensive guide.

Yellowtail Kingfish (*Seriola lalandi*) are natural inhabitants of the cold, clean waters of the Great Southern

Products Description Frozen Yellowtail Whole Round Yellowtail, known as "Inada" "Buri" in Japan, is a prized fish with a delicate and

The amberjacks are commonly referred to simply as "yellowtail", such as the yellowtail amberjack (*Seriola lalandi*) or the Japanese

Discover premium frozen yellowtail fish, perfect for sushi and sashimi. Sustainably sourced, IQF frozen, low-sodium, whole round or

Yellowtail are explosive fighters and delicious to eat, making them a popular target for local anglers. To find the best

Energy density (ED) Lowering the energy density of your food can be an effective strategy for the prevention and treatment of obesity

Fish, raw, mixed species, yellowtail contains 124 calories per 85 g serving. This serving contains 4.5 g of fat,



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20 g of protein and 0 g

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Fishery Yellowtail supports a vacillating commercial and recreational fishery off southern California, where warm water

Its upgraded carbon fiber drag washers hit up to 34.3 lbs of stopping power, perfect for yellowtail pulling hard, and the

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