



CHEFS UNDERSTAND QUALITY



Product:

LARGE COBIA FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, NATURAL CUT

- AKA/ Species:** Rachycentron canadum
- Brand:** NETUNO
- Form:** Frozen, Skinless, Boneless & Well Trimmed
- Origin:** Indonesia
- Allergens:** Contains Fish
- Ingredients:** Cobia (CO treated for color retention)
- Method of Capture:** Hook & Line / Wild Caught
- Flavor Graph:** Mild **Medium** Full Flavored
- Texture Graph:** Delicate Medium **Firm**
- Suggested Cooking Methods:** **Baking Broiling Ceviche Flat Top Frying Grilling Sashimi Sautee Soups**
- Seasonality:** Jan Feb **Mar Apr May Jun Jul Aug Sep Oct Nov Dec**
- Storage:** Keep Frozen at -18C or Colder **Shelf Life (frozen):** 24 months
- Thawing Instructions:** Remove from bag and thaw under refrigeration for 4-6 hours or place under running water until thawed. DO NOT leave soaking in water, it will affect the flavor and texture of the fish.
- Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.
- Pack:** Individually Vacuum Packed, 20lb Corrugated Case
- Box Dimensions:** L 15.2" x W 20.7" H 6.1" **Ti x Hi:** 10x9

CO TREATED FOR COLOR RETENTION. PART OF A FISHERY IMPROVEMENT PROJECT.

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
100851	1-3lb	20lb	10	10856856006379	856856006372
100655	3-5lb	20lb	5	10850636007907	850636007900



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 150mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 4mcg	20%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 418mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

