



CHEFS UNDERSTAND QUALITY



Product:

COBIA PORTION

INDIV. VACUUM PACKED, SKINLESS, BONELESS & BLOODLINE OUT

- AKA/ Species:** Rachycentron canadum
- Form:** Frozen, Skinless, Boneless & Well Trimmed
- Origin/ Ocean:** Indonesia/ Pacific (Western Central)
- 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 Papillote 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, 10lb Corrugated Case
- Box Dimensions:** L 11.6" x W 14.6" H 3.6" **Ti x Hi:** 9x16

PART OF A FISHERY IMPROVEMENT PROJECT.

NETUNO Item #	Portion Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101814	4oz	10lb	40	10850636007501	850636007504
101815	6oz	10lb	27	10850636007518	850636007511
101816	8oz	10lb	20	10850636007525	850636007528



THE GLOBAL LANGUAGE OF BUSINESS



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	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.

