



CHEFS UNDERSTAND QUALITY



Product:

# GROUPEL FILLET

*INDIV. VACUUM PACKED, SKINLESS & BONELESS, ONCE CUT*

- AKA/ Species:** Epinephelus spp
- Brand:** NETUNO
- Form:** Frozen, Once Cut, Skinless, Boneless and Well Trimmed
- Origin:** India, Vietnam & Indonesia
- Allergens:** Contains Fish
- Ingredients:** Grouper
- Method of Capture:** Hook and 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, 10lb Corrugated Case
- Box Dimensions:** L 12.2" x W 15.7" x H 4.15" **Ti x Hi:** 9x15

**DNA TESTED**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
100079	6-8oz	10lb	23	10856856006058	856856006051
100080	8-10oz	10lb	18	10856856006065	856856006068



## Nutrition Facts

<b>Serving size</b>	<b>(113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>0%</b>
Iron 0.18mg	<b>0%</b>
Potassium 329mg	<b>8%</b>

\*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.

