

# NETUNO

CHEFS UNDERSTAND QUALITY



**DNA TESTED**

**Product:**

## GROUPEL BUFFET (2-4OZ)

**INDIV. QUICK FROZEN, 2x5LB BAG, SKINLESS & BONELESS**

**AKA/ Species:**

Epinephelus spp

**Brand:**

NETUNO

**Form:**

Frozen, Skinless and Boneless

**Origin:**

India

**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 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 flavor and texture of the fish.

**Thawed Storing Tips:**

Keep Refrigerated, use within 24 hours for best results.

**Pack:**

Individually Quick Frozen, 10lb Corrugated Case

**Box Dimensions:**

L 10" x W 20" x H 3.55" **Ti x Hi:** 9x16

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
101201	2-4oz	10lb	54	10856856006003	856856006006



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>(113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 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>0%</b>
<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.