



CHEFS UNDERSTAND QUALITY



**Product:**

# WHOLE LOBSTER

**INDIV. WRAPPED, WHOLE ROUND, FROZEN AT SEA**

**AKA/ Species:**

Spiny Lobster, Warm Water & Caribbean Lobster / Panulirus argus

**Form:**

Frozen, Whole Lobsters

**Origin:**

Honduras, Jamaica

**Allergens:**

Contains Shellfish / Crustaceans

**Ingredients:**

Lobster, Bisulfite (preservative)

**Method of Capture:**

Traps/ Wild Caught

**Processed:**

Processed Live, Flash Frozen at Source

**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.

**Thawed Storing Tips:**

Keep Refrigerated, use within 24 hours for best results.

**Pack:**

Individually Wrapped, 22lb Corrugated Case, Double Strapped

**Box Dimensions:**

L 16.6" x W 24.6" H 4.55"

**Ti x Hi:** 5x12

**FROZEN AT SEA. FISHERY IMPROVEMENT PROJECT IN PLACE.**

| Size Grams | Avg. Units per 22lb Case | Item Number | GTIN 14        |
|------------|--------------------------|-------------|----------------|
| 400-460g   | 23                       | 101460      | 10850636007938 |
| 460-520g   | 20                       | 101462      | 10850636007945 |
| 520-575g   | 18                       | 101463      | 10850636007952 |
| 575-630g   | 16                       | 101461      | 10850636007969 |
| 630-690g   | 15                       | 101464      | 10850636007976 |
| 690-785g   | 13                       | 101465      | 10850636007983 |
| 785-900g   | 12                       | 101169      | 10850636007990 |
| 900-1200g  | 9                        | 101466      | 10850636007303 |
| 1200-1350g | 8                        | 100916      | 10850636007211 |
| 1350-1500g | 7                        | 101293      | 10857907007000 |
| 1500-2000g | 6                        | 101467      | 10857907007017 |



| <b>Nutrition Facts</b>          |                       |
|---------------------------------|-----------------------|
| <b>Serving size</b>             | <b>(113g)</b>         |
| <b>Amount Per Serving</b>       |                       |
| <b>Calories</b>                 | <b>100</b>            |
|                                 | <b>% Daily Value*</b> |
| <b>Total Fat 1g</b>             | <b>1%</b>             |
| <b>Saturated Fat 0g</b>         | <b>0%</b>             |
| <b>Trans Fat 0g</b>             |                       |
| <b>Cholesterol 95mg</b>         | <b>32%</b>            |
| <b>Sodium 450mg</b>             | <b>20%</b>            |
| <b>Total Carbohydrate 0g</b>    | <b>0%</b>             |
| <b>Dietary Fiber 0g</b>         | <b>0%</b>             |
| <b>Total Sugars 0g</b>          |                       |
| <b>Includes 0g Added Sugars</b> | <b>0%</b>             |
| <b>Protein 19g</b>              | <b>38%</b>            |
| <b>Vitamin D 0mcg</b>           | <b>0%</b>             |
| <b>Calcium 91mg</b>             | <b>8%</b>             |
| <b>Iron 0mg</b>                 | <b>0%</b>             |
| <b>Potassium 282mg</b>          | <b>6%</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.