

# NETUNO

CHEFS UNDERSTAND QUALITY



**Product:**

## COBIA DICE

VACUUM PACKED, 10X1LB BAG, SKINLESS, BONELESS & DICE SHAPED

**AKA/ Species:** Cobia / *Rachycentron canadum*  
**Brand:** NETUNO  
**Form:** Frozen, Skinless, Boneless & Diced  
**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 **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 Quick Frozen, 10lb Corrugated Case

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

NETUNO Item #	Cube Size	Case Size	Avg. Units Per 8oz	Master GTIN	Master UPC
102248	< 0.2oz	10lb	24	10850025248829	850025248822



**CO TREATED FOR COLOR RETENTION. IDEAL FOR POKE, CEVICHE, PAELLAS AND MUCH MORE.**

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

