



CHEFS UNDERSTAND QUALITY



**Product:** **GROUPER HEADS**  
**INDIV. QUICK FROZEN, COLLAR ON, CHEEKS ON & GILLS OFF**

**AKA/ Species:** Epinephelus spp  
**Brand:** NETUNO  
**Form:** Frozen, Collar on, Cheeks on & Gills Off  
**Origin:** India, Vietnam, Indonesia & Venezuela  
**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 Quick Frozen, 10lb Corrugated Case  
**Box Dimensions:** L 11" x W 13.4" x H 5.9" **Ti x Hi:** 9x16

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
100403	1-4lb	10lb	5	10856856006942	856856006945



Packed in a HACCP certified and BRC approved plant



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>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.