



**Product:** **BARRAMUNDI FILLET**  
**INDIV. VACUUM PACKED, SKINLESS & BONELESS**

**AKA/ Species:** Asian Sea Bass / Lates calcarifer  
**Form:** Frozen, Skinless, Boneless & Well Trimmed  
**Origin:** Vietnam  
**Allergens:** Contains Fish  
**Ingredients:** Barramundi  
**Method of Capture:** Farm Raised  
**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 fish 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 10" x W 20" H 3.55" **Ti x Hi:** 9x15

**FARMED IN HIGH SALINITY WATER, ON A SARDINE DIET FOR CLEAN NATURAL FLAVOR.**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
106464	6-8oz	10lb	23	10850037285928	850037285921
102465	8-10oz	10lb	18	10850037285935	850037285938
102466	10-12oz	10lb	14	10850037285942	850037285945



Packed in a HACCP certified and BRC approved plant.



<b>Nutrition Facts</b>	
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.3g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 45mg	<b>2%</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> 22g	<b>44%</b>
Vitamin D 10mcg	<b>50%</b>
Calcium 13mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 376mg	<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.

