



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:** 9x15

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

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 150mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 4mcg	20%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 418mg	8%

*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.



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