



**Product:**

## GROUPEL BUFFET (2-4OZ)

**INDIV. QUICK FROZEN, 2x5LB BAG, SKINLESS & BONELESS**

**AKA/ Species:**

Epinephelus spp

**Brand:**

NETUNO

**Form:**

Frozen, Skinless and Boneless

**Origin:**

India

**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 Ceveche 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 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 11.4" x W 16.5" x H 3.94" **Ti x Hi:** 9x16

**DNA TESTED**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
101201	2-4oz	10lb	54	10856856006003	856856006006



<b>Nutrition Facts</b>	
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.18mg	0%
Potassium 329mg	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.