



Product:

GROUPER FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, NATURAL CUT

DNA TESTED

- AKA/ Species:** Epinephelus spp
- Brand:** NETUNO
- Form:** Frozen, Natural Cut, Skinless, Boneless and Belly Trimmed
- Origin:** India, Vietnam & Indonesia
- 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 Cevice 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 Vacuum Packed, 10lb Corrugated Case
- Box Dimensions:** L 12.2" x W 15.7" x H 4.15" **Ti x Hi:** 9x16

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
100699	4-6oz	10lb	32	10856856006010	856856006013
100077	6-8oz	10lb	23	10856856006027	856856006020
100078	8-10oz	10lb	18	10856856006034	856856006037
100069	10-12oz	10lb	15	10856856006041	856856006044

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	34%
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.



Packed in a HACCP certified and BRC approved plant.

