



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, Brazil & 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** 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 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	
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.