



**Product:**

## GROUPEL FILLET

*INDIV. VACUUM PACKED, SKINLESS & BONELESS, SOUTH AMERICAN, ONCE CUT*

**AKA/ Species:** Epinephelus marginatus, Epinephelus flavolimbatus, Epinephelus morio

**Brand:** NETUNO

**Form:** Frozen, Once Cut, Skinless, Boneless and Well Trimmed

**Origin:** Brazil, Venezuela & Mexico

**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 Ceviche 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 11.4" x W 16.5" x H 3.94" **Ti x Hi:** 9x14

**DNA TESTED**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
100086	6-8oz	10lb	23	10857428006599	857428006592
100124	8-10oz	10lb	18	10850636007839	850636007832



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