



Product:

GROUPEL FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, SOUTH AMERICAN, CENTER CUT

AKA/ Species: Epinephelus marginatus, Epinepheus flavolimbatuS, Epinephelus morio

Brand: NETUNO

Form: Frozen, Center Cut, Skinless, Boneless and Belly 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
101770	6-8oz	10lb	23	10850636007877	850636007870
100111	8-10oz	10lb	18	10850636007884	850636007887

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	80
<small>% Daily Value*</small>	
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.

