



**Product:**

## LARGE GROUPEL FILLET

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

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

**Form:** Frozen, 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 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, 20lb Corrugated Case

**Box Dimensions:** L 15.2" x W 20.7" x H 6.1" **Ti x Hi:** 5x10

**DNA TESTED**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
101411	1-3lb	20lb	10	10857428006179	857428006172
100274	3-5lb	20lb	5	10857428006643	857428006646
101963	5-7lb	20lb	3	10850000077284	850000077287



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% 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%
<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.