



**Product:** **GROUPER FILLET**  
**INDIV. VACUUM PACKED, SKINLESS & BONELESS, SOUTH AMERICA**

**AKA/ Species:** Epinephelus marginatus, Epinephelus flavolimbatus, Epinephelus morio  
**Brand:** NETUNO  
**Form:** Frozen, Natural 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 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, Corrugated Case  
**Box Dimensions 10lb:** 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
100112	4-6oz	10lb	32	10857428006131	857428006134
100597	6-8oz	10lb	23	10857428006148	857428006141
100114	8-10oz	10lb	18	10857428006155	857428006158
100088	10-12oz	10lb	15	10857428006162	857428006165



<b>Nutrition Facts</b>	
Serving size	(113g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>0%</b>
Iron 0.18mg	<b>0%</b>
Potassium 329mg	<b>8%</b>

\*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.