



**Product:**

## PREMIUM LOBSTER HEAD MEAT

### 10x1LB PILLOW PACK

**AKA:** Spiny, Warm Water, Rock & Caribbean Lobster Meat/ Panulirus argus  
**Form:** Frozen, Lobster Head & Body Meat Pieces  
**Brand:** Marinós  
**Origin:** Honduras  
**Allergens:** Contains Shellfish/ Crustaceans  
**Ingredients:** Lobster, Bisulfite (preservative)  
**Method of Capture:** Traps/ Wild Caught  
**Pack:** 10 x 1lb Pillow pack, 10lb case  
**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 (Honduras):** **Jan Feb** Mar Apr May Jun Jul **Aug Sep Oct Nov Dec**

**Storage:** Keep Frozen at -18C or Colder **Shelf Life (frozen):** 24 months  
**Box Dimensions:** L 10.75" x W 15" H 4" **Ti x Hi:** 9x16

**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 product.  
**Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.

NETUNO Item #	Size	Master GTIN	Master UPC
101332	n/a	10850000077246	850000077249



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 91mg	<b>8%</b>
Iron 0mg	<b>0%</b>
Potassium 282mg	<b>6%</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.