



**Product:**

## COOKED OCTOPUS, CHOPPED

VACUUM PACKED PORTIONS

- AKA:** Vulgaris
- Brand:** NETUNO
- Form:** Frozen, Fully Cooked Tentacles
- Origin:** Mexico
- Allergens:** Contains Mollusk
- Ingredients:** Octopus
- Method of Capture:** Wild Caught
- Pack:** Individually Vacuum Packed, 2x5lb, 10lb Master 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:** 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 product.
- Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.
- Pack:** Individually Bagged, 10lb Corrugated Case, Double Strapped
- Box Dimensions:** L 11.6" x W 14.6" x H 3.6" **Ti x Hi:** 9x16

NETUNO Item #	Size	Avg. Number of Portions per 10lb Box	Master GTIN	Master UPC
102430	N/A	N/A	10850636007808	850636007801

### Nutrition Facts

<b>Serving size</b>	<b>(113g)</b>
<b>Amount Per Serving</b>	<b>90</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.3g	2%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>16%</b>
<b>Sodium 0mg</b>	<b>0%</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 60mg	4%
Iron 6mg	35%
Potassium 395mg	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.

**100% NATURAL. SPECIAL COOKING TECHNIQUE KEEPS SKIN INTACT. PERFECTLY TENDER. 100% YIELD, READY TO EAT OR FURTHER PREPARE. PRODUCT IS PART OF A FISHERY IMPROVEMENT PRO-**

