



UNICORN FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, ONCE CUT

Product:

AKA/ Species:

File Fish, Leather Jacket / Aluterus monoceros

Form:

Frozen, Once Cut Fillet, Skinless, Boneless & Well Trimmed

Origin:

India, Venezuela

Allergens:

Contains Fish

Ingredients:

Unicorn Filefish

Method of Capture:

Nets / Wild Caught

Processed:

Filletted and Flash Frozen at Source (Membrane Removed)

Flavor Graph:

Mild Medium Full Flavored

Texture Graph:

Delicate **Medium** Firm

Suggested Cooking Methods:

Baking Broiling Ceviche **Flat Top Frying Grilling Papillote** 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 11.6" x W 14.6" x H 3.6" **Ti x Hi:** 9x16

100% NATURAL. WELL TRIMMED AND DISTINCTIVE MEMBRANE REMOVED.

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101166	6-8oz	10lb	23	10856856006829	856856006822
101167	8-10oz	10lb	18	10856856006836	856856006839



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 340mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.36mg	2%
Potassium 282mg	6%

*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.