



Product: **WAHOO STEAKS**
INDIV. VACUUM PACKED, SKIN ON & BONE IN

AKA/ Species: Mackerel / Acanthocybium solandri
Form: Frozen, Skin on, Bone in Steaks
Origin: Indonesia, Vietnam & Venezuela
Allergens: Contains Fish
Ingredients: Wahoo
Method of Capture: Hook & Line / Wild Caught
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 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 14.55" x H 3.55" **Ti x Hi:** 9x16

| NETUNO Item # | Steak Size | Case Size | Avg. Units per Case | Master GTIN | Master UPC |
|---------------|------------|-----------|---------------------|----------------|--------------|
| 102474 | 4-6oz | 10lb | 32 | 10850037285997 | 850037285990 |
| 101919 | 6-8oz | 10lb | 23 | 10854812008184 | 854812008187 |
| 101900 | 8-10oz | 10lb | 18 | 10850636007198 | 850636007191 |
| 101901 | 10-12oz | 10lb | 15 | 10854812008009 | 854812008002 |
| 101902 | 12-14oz | 10lb | 12 | 10854812008016 | 854812008019 |
| 101903 | 14-16oz | 10lb | 10 | 10854812008023 | 854812008026 |



Packed in a HACCP certified and BRC approved plant.



| Nutrition Facts | |
|--------------------------|------------|
| Serving size | (113g) |
| Amount Per Serving | |
| Calories | 190 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 2.7g | 14% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 90mg | 4% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 21g | 42% |
| Vitamin D 8mcg | 40% |
| Calcium 12mg | 0% |
| Iron 0.5mg | 2% |
| Potassium 504mg | 10% |

*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.

