



Product: **KINGFISH STEAKS**
INDIV. VACUUM PACKED, 4x2.5LB BAG, SKIN ON & BONE IN

AKA/ Species: Mackerel / Scomberomorus cavalla
Form: Frozen, Skin on, Bone in Steaks
Origin: Brazil, Mexico & Venezuela
Allergens: Contains Fish
Ingredients: Mackerel
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, 4x2.5lb Bag, 10lb Corrugated Case
Box Dimensions: L 11.6" x W 14.55" x H 3.55" **Ti x Hi:** 9x16
Bag Dimensions: L 3.55" x W 9.85" x H 13"

NETUNO Item #	Portion Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
100338	6-8oz	10lb	20	10850636007297	850636007290

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
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.

