



Product: **WHOLE OCTOPUS**
INDIVIDUALLY BAGGED & GUTTED

AKA: Octopus vulgaris
Brand: NETUNO
Form: Frozen, Whole Gutted
Origin: Mexico
Allergens: Contains Mollusk
Ingredients: Octopus
Method of Capture: 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 the flavor and texture of the product.
Thawed Storing Tips: Keep Refrigerated, use within 24 hours for best results.
Pack: Individually Bagged, 1x33lb Corrugated Case
Box Dimensions: L 14.9" x W 23.35" H 4.75" **Ti x Hi:** 5x10



NETUNO Item #	Case Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
102225	1-2lb	33lb	22	10850025248683	850025248686
102221	2-4lb	33lb	11	10850025248645	850025248648
102222	4-6lb	33lb	7	10850025248652	850025248655
102224	6-8lb	33lb	5	10850025248669	850025248662



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	34%
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.



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