



UNICORN FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, NATURAL CUT

100% NATURAL. WELL TRIMMED AND DISTINCTIVE MEMBRANE REMOVED.

Product: File Fish, Leather Jacket / Aluterurs monoceros
AKA/ Species: Frozen, Skinless, Boneless & Well Trimmed
Form: India, Venezuela
Origin: Contains Fish
Allergens: Unicorn Filefish
Ingredients: Nets / Wild Caught
Method of Capture: Filleted and Flash Frozen at Source (Membrane Removed)
Processed: Mild Medium Full Flavored
Flavor Graph: Delicate **Medium** Firm
Texture Graph: Baking Broiling Ceviche Flat Top Frying Grilling Papillote Sashimi Sautee Soups
Suggested Cooking Methods: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
Seasonality: Keep Frozen at -18C or Colder **Shelf Life (frozen):** 24 months
Storage: 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.
Thawing Instructions: Keep Refrigerated, use within 24 hours for best results.
Thawed Storing Tips: Individually Vacuum Packed, 10lb Corrugated Case
Pack: L 11.6" x W 14.6" x H 3.6" **Ti x Hi:** 9x16
Box Dimensions:

NETUNO Item #	Fillet Size	Avg. Units Per Case	Master GTIN	Master UPC
101386	4-6oz	32	10856856006843	856856006846
101395	6-8oz	23	10856856006850	856856006853
101396	8-10oz	18	10856856006867	856856006860
100222	10-12oz	15	10857428006810	857428006813



THE GLOBAL LANGUAGE OF BUSINESS

Packed in a HACCP certified and BRC approved plant.



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.