



**MSC CERTIFIED OR
PART OF A FISHERY
IMPROVEMENT PROJECT**

Product: **TUNA POKE**
AA & AAA GRADE, 1.6 CM CUBES, 1 LB. IVP BAG

AKA/ Species: Thunnus albacares

Form: Once Frozen, Skinless, Boneless, & Well Trimmed, Machine Cut from Loin

Origin/ Ocean: Indonesia

Allergens: Contains Fish

Ingredients: Yellowfin Tuna, Filtered Smoke or CO treated and/or Citric Acid for Color Retention

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 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, 10 x 1lb, 10lb Corrugated Case

Box Dimensions: L 10.43" x W 13.78" H 4.72" **Ti x Hi:**

NETUNO Item #	Portion Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
102519	1lb	10lb	10	10850054812268	850054812261

Nutrition Facts	
Serving size	4 oz (113 g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 90mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0.4mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 470mg	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.

