



Product: **BARRAMUNDI FILLET**
INDIV. VACUUM PACKED, SKINLESS & BONELESS

AKA/ Species: Asian Sea Bass / Lates calcarifer
Form: Frozen, Skinless, Boneless & Well Trimmed
Origin: Vietnam
Allergens: Contains Fish
Ingredients: Barramundi
Method of Capture: Farm Raised
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 fish 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, 10lb Corrugated Case
Box Dimensions: L 10" x W 20" H 3.55" **Ti x Hi:** 9x15

FARMED IN HIGH SALINITY WATER, ON A SARDINE DIET FOR CLEAN NATURAL FLAVOR.

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
102464	6-8oz	10lb	23	10850037285928	850037285921
102465	8-10oz	10lb	18	10850037285935	850037285938
102466	10-12oz	10lb	14	10850037285942	850037285945



Packed in a HACCP certified and BRC approved plant.



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 10mcg	50%
Calcium 13mg	0%
Iron 0mg	0%
Potassium 376mg	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.

