



**Product:** **WARM WATER LOBSTER TAIL MEAT**  
**VACUUM PACKED, TAIL MEAT**

**AKA/ Species:** Spiny, Warm Water & Rock Lobster Tails / Panulirus argus  
**Form:** Frozen, Tail Meat  
**Brand:** NETUNO  
**Origin:** Honduras, Venezuela, Jamaica, Brazil & Bahamas  
**Allergens:** Contains Shellfish  
**Ingredients:** Lobster, Bisulfite (Preservative)  
**Method of Capture:** Traps/ 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:** For quick thawing place under running water while still in plastic bag. As soon as it's thawed remove from bag, cook or store under refrigeration. Important not to leave product soaking in water it will affect texture and flavor.  
**Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.  
**Pack:** Individually Bagged, 10lb Corrugated Case, Double Strapped  
**Box Dimensions:** L 11.6" x W 14.6" x H 3.6" **Ti x Hi:** 9x15

NETUNO Item#	Tail Size	Case Size	Avg. Units per Case	Master GTIN	Master UPC
102002	n/a	10lb	n/a	na	n/a

<b>Nutrition Facts</b>	
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 91mg	<b>8%</b>
Iron 0mg	<b>0%</b>
Potassium 282mg	<b>6%</b>

\*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.

