



DNA TESTED

Product:

GROUPEY FINGER 1-2OZ

INDIV. QUICK FROZEN, SKINLESS & BONELESS

AKA/ Species:

Epinephelus spp

Brand:

NETUNO

Form:

Frozen, Skinless and Boneless

Origin:

India

Allergens:

Contains Fish

Ingredients:

Grouper

Method of Capture:

Hook and 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 flavor and texture of the fish.

Thawed Storing Tips:

Keep Refrigerated, use within 24 hours for best results.

Pack:

Individually Quick Frozen, 2x10lb Bags, 20lb Corrugated Case

Box Dimensions:

L 15.2" x W 20.7" x H 6.1" **Ti x Hi:** 7x9

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
100321	1-2oz	20lb	210	10857428006650	857428006653



Packed in a HACCP certified and BRC approved plant.



Nutrition Facts

Serving size (113g)

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.18mg	0%
Potassium 329mg	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.

