



**Product:**

## DORADE FILLET

**INDIV. VACUUM PACKED, SKIN ON & BONELESS**

|                                   |                                                                                                                                                                                              |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AKA/ Species:</b>              | Sea Bream, Orata (Italian), Daurade (French), Dorada (Spanish), Dourade, Royal Dorade, Gilt Head Bream/Sparus Aurata                                                                         |
| <b>Form:</b>                      | Frozen, Skin On, Boneless & Well Trimmed                                                                                                                                                     |
| <b>Origin:</b>                    | Turkey                                                                                                                                                                                       |
| <b>Allergens:</b>                 | Contains Fish                                                                                                                                                                                |
| <b>Ingredients:</b>               | Sea Bream                                                                                                                                                                                    |
| <b>Method of Capture:</b>         | Farm Raised/ASC Certified Sustainable                                                                                                                                                        |
| <b>Flavor Graph:</b>              | <b>Mild</b> Medium Full Flavored                                                                                                                                                             |
| <b>Texture Graph:</b>             | Delicate <b>Medium</b> Firm                                                                                                                                                                  |
| <b>Suggested Cooking Methods:</b> | <b>Baking Broiling Ceviche Flat Top Frying Grilling Papillote Sashimi Sautee Soups</b>                                                                                                       |
| <b>Seasonality:</b>               | Jan Feb <b>Mar Apr May Jun Jul Aug Sep Oct Nov Dec</b>                                                                                                                                       |
| <b>Storage:</b>                   | Keep Frozen at -18C or Colder <b>Shelf Life (frozen): 24 months</b>                                                                                                                          |
| <b>Thawing Instructions:</b>      | 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. |
| <b>Thawed Storing Tips:</b>       | Keep Refrigerated, use within 24 hours for best results.                                                                                                                                     |
| <b>Pack:</b>                      | Individually Vacuum Packed, 10lb Corrugated Case                                                                                                                                             |
| <b>Box Dimensions:</b>            | L 11.4" x W 16.5" H 3.94" <b>Ti x Hi: 9x15</b>                                                                                                                                               |

| NETUNO Item # | Fillet Size | Case Size | Avg. Units Per Case | Master GTIN    | Master UPC     |
|---------------|-------------|-----------|---------------------|----------------|----------------|
| 102626        | 5-6oz       | 10lb      | 26                  | 10850054812763 | 850054812766   |
| 102699        | 6-8oz       | 10lb      | 22                  | 850070271028   | 10850070271025 |



Packed in a HACCP certified and BRC approved plant.



| Nutrition Facts              |                       |
|------------------------------|-----------------------|
| <b>Serving size</b>          | <b>4 oz. (113g)</b>   |
| <b>Amount Per Serving</b>    |                       |
| <b>Calories</b>              | <b>160</b>            |
|                              | <b>% Daily Value*</b> |
| <b>Total Fat</b> 10g         | <b>13%</b>            |
| Saturated Fat 2.3g           | <b>12%</b>            |
| Trans Fat 0g                 |                       |
| <b>Cholesterol</b> 100mg     | <b>33%</b>            |
| <b>Sodium</b> 85mg           | <b>4%</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 26mg                 | <b>2%</b>             |
| Iron 0.8mg                   | <b>4%</b>             |
| Potassium 302mg              | <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.

