



Product:

COBIA CENTER CUT PORTION

INDIV. VACUUM PACKED, SKINLESS, CENTER CUT & BONELESS

AKA/ Species:

Rachycentron canadum

Form:

Frozen, Skinless, Center Cut, Boneless & Well Trimmed

Origin/ Ocean:

Indonesia/Pacific (Western Central)

Allergens:

Contains Fish

Ingredients:

Cobia, CO Treated 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, 10lb Corrugated Case

Box Dimensions:

L 11.6" x W 14.6" H 3.6" **Ti x Hi: 9x15**

PART OF A FISHERY IMPROVEMENT PROJECT.

NETUNO Item #	Portion Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101814	4-6oz	10lb	40	10850636007501	850636007504
101815	6-8oz	10lb	27	10850636007518	850636007511
101816	8-10oz	10lb	20	10850636007525	850636007528



THE GLOBAL LANGUAGE OF BUSINESS

Packed in a HACCP certified and ISO approved plant



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 150mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 4mcg	20%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 418mg	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.