



Product:

COBIA FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, ONCE CUT

AKA/ Species:

Rachycentron canadum

Form:

Frozen, Skinless, Once 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 12" x W 15.4" H 4" **Ti x Hi:** 9x16

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101400	6-8oz	10lb	23	10856856006331	856856006334
101401	8-10oz	10lb	18	10856856006348	856856006341



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.

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