



**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**

**CO TREATED FOR COLOR RETENTION. PART OF A FISHERY IMPROVEMENT PROJECT.**

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



THE GLOBAL LANGUAGE OF BUSINESS



Packed in a HACCP certified and BRC 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.