



**Product:** **SEAFOOD MIX**  
**INDIV. QUICK FROZEN, 24x1LB BAG**

**AKA:** Paella Mix, Seafood Medley  
**Form:** Individually Quick Frozen (IQF)  
**Origin:** Peru  
**Allergens:** Contains Mollusks, Crustacean Shellfish  
**Ingredients:** Squid Fillet Cubes (24%), Squid Wings Cubes (16%), Squid Sliced Tentacles(15%), Squid Neck Chunks (13%), Squid Rings (11%), Squid Buttons IQF (7%), Shrimp Tails (6%), Squid Tentacles Tips (3%), Mussels Meat (3%), Clams IQF (2%)

**Method of Capture:** Wild Caught  
**Flavor Graph:** Mild **Medium** Full Flavored  
**Texture Graph:** Delicate **Medium** Firm

**Suggested Cooking Methods:** Baking Broiling **Ceviche** Flat Top **Frying** Grilling 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.

**Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.  
**Pack:** Individually Quick Frozen, 24x1lb Bag, 24lb Corrugated Case

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>4 oz. (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber Less than 1g <b>2%</b>	
Total Sugars 0g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 13g	<b>36%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>5%</b>
Iron 8mg	<b>45%</b>
Potassium 20mg	<b>0%</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.

NETUNO Item #	Size	Case Size	Master GTIN	Master UPC
102949	1lb Bag	24lb	10856856006676	856856006679





**Product:** **SEAFOOD MIX**  
**INDIV. QUICK FROZEN, 8x3LB BAG**

**AKA:** Paella Mix, Seafood Medley  
**Form:** Individually Quick Frozen (IQF)  
**Origin:** Peru  
**Allergens:** Contains Mollusks, Crustacean Shellfish  
**Ingredients:** Squid Fillet Cubes (24%), Squid Wings Cubes (16%), Squid Sliced Tentacles(15%), Squid Neck Chunks (13%), Squid Rings (11%), Squid Buttons IQF (7%), Shrimp Tails (6%), Squid Tentacles Tips (3%), Mussels Meat (3%), Clams IQF (2%)

**Method of Capture:** Wild Caught  
**Flavor Graph:** Mild **Medium** Full Flavored  
**Texture Graph:** Delicate **Medium** Firm

**Suggested Cooking Methods:** Baking Broiling **Ceviche** Flat Top **Frying** Grilling 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.

**Thawed Storing Tips:** Keep Refrigerated, use within 24 hours for best results.  
**Pack:** Individually Quick Frozen, 8x3lb Bag, 24lb Corrugated Case

NETUNO Item #	Size	Case Size	Master GTIN	Master UPC
102950	3lb Bag	24lb	10857428006865	857428006868



## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>4 oz. (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber Less than 1g <b>2%</b>	
Total Sugars 0g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 13g	<b>36%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>5%</b>
Iron 8mg	<b>45%</b>
Potassium 20mg	<b>0%</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.

