

Product:

GROUPER FILLET

AKA/ Species:

INDIV. VACUUM PACKED, SKINLESS & BONELESS, NATURAL CUT

Brand:

NETUNO

Form:

Frozen, Natural Cut, Skinless, Boneless and Belly Trimmed

Origin:

Thailand

Allergens:

Contains Fish

Ingredients:

Groupers

Method of Capture:

Farm Raised Hybrid Grouper

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. 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:

14.96" L X 10.98" W X 4.72" H (4-6 & 6-8) **Ti x Hi:** 5x19
16.14" L X 11.81" W X 8.66" H (8-10 & 10-12) **Ti x Hi:** 5x19



NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	GTIN Number	UPC Number
102872	4-6oz	10lb	32	10850070271339	850070271332
102873	6-8oz	10lb	23	10850070271346	850070271349
102874	8-10oz	10lb	18	10850070271353	850070271356
102875	10-12oz	10lb	15	10850070271360	850070271363



Nutrition Facts

about 2 servings per container

Serving size

3 oz. (85g)

	Per serving		Per container	
Calories	90		180	
	% Daily Value*		% Daily Value*	
Total Fat	3g	4%	6g	8%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	50mg	17%	105mg	35%
Sodium	55mg	2%	110mg	5%
Total Carbohydrate	0g	0%	0g	0%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	17g		33g	
Vitamin D	5.7mcg	30%	11.3mcg	60%
Calcium	10mg	0%	20mg	2%
Iron	0.1mg	0%	0.3mg	2%
Potassium	260mg	6%	520mg	10%

*The % Daily Value 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.