GROUPER FILLET SKNLS BNLS 2-4 OZ

SEA BEST | 10 POUND

Sea Best Grouper fillets are wild caught, skinless, boneless and all natural. Grouper is a lean white fish with a mild flavor that cooks to a firm and flaky texture. Grouper is a versatile fish that remains moist in a variety of preparation methods, making it suitable for many different flavor profiles. Grouper fillets are high in protein and a good source of iron, magnesium, zinc and vitamins A and D. Each Grouper fillet is individually vacuum packed and packaged in a resealable bag for optimal freshness and convenience.

PRODUCT BENEFITS

Wild Caught All Natural Skinless and Boneless

ITEM ID

00075391012185

ALTERNATE ITEM #

6206509

MANUFACTURER

Beaver Street Fisheries Inc.

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	40
Serving size	112 Gram About 1-2 fillets
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Cholesterol 40mg	13%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 22g	0%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 540mg	10%

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.

INGREDIENT STATEMENT

Grouper

ALLERGEN

Contains:Fish and their derivatesFree from:Eggs and their derivatesFree from:Milk and its derivatesFree from:Peanuts and their derivatesFree from:Sesame Seeds and their derivatesFree from:Soybean and its

ALLERGEN STATEMENT

CONTAINS:
Fish or Fish Derivatives
FREE FROM:
Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F.

USAGE INSTRUCTIONS
Remove fillets from vacuum wrap and place in a bowl of cool water until completely thawed or thaw under refrigeration for up to 24 hours. Cook immediately. This versatile fish is delicious baked, broiled, breaded and fried, grilled or steamed. Cook to an internal temperature of 145 degree

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
INDIA
INDONESIA

ARRIVAL LIFESPAN (DAYS)
913

PRODUCTION LIFESPAN (DAYS)
1095