ROCKFISH FILLET SKNLS BNLS 8-UP

SEA BEST | 10 POUND

Sea Best Rockfish fillets are all natural, skinless, boneless and wild caught from the cold waters of Pacific and processed in a MSC Certified plant. Rockfish fillets have a lean and medium-firm texture, with a fine flake that has a delicate, nutty, sweet flavor. This great-tasting versatile fish remains moist when baked and the firm texture also makes it suitable for soups, chowders, and stews. Each fillet is individually quick frozen and bulk packed for optimal freshness and convenience.

PRODUCT BENEFITS

Wild Caught MSC Certified All Natural

ITEM ID

00075391060537

ALTERNATE ITEM #

6213740

MANUFACTURER

Beaver Street Fisheries Inc.

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	40
Serving size	112 Gram About 1/2 fillet
Amount per serving	
Calories	1.5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Cholesterol 55mg	18%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 21g	2%
Vitamin D 4.3mcg	20%
Calcium 16mg	2%
Iron 0.34mg	2%
Potassium 440mg	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

Rockfish

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, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Tree nuts or Tree nut Derivatives, Wheat or

OTHER INFO

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

USAGE INSTRUCTIONS
Thaw under refrigeration. Rockfish is delicious baked, broiled, fried, poached, sautéed, or steamed. Cook to an internal temperature of 145 degrees F.

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
UNITED STATES

ARRIVAL LIFESPAN (DAYS)
913

PRODUCTION LIFESPAN (DAYS)
1095

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F