FLOUNDER FILLET SKNLS BNLS 7 OZ

SEA BEST | 10 POUND

Sea Best Flounder Fillets are skinless, boneless and wild caught. Flounder is known for its pure white, lean, flaky texture and mild flavor that ranges from bland to sweet. Taste and texture vary, depending on species. Each fillet is individually quick frozen and bulk packaged for optimal freshness and convenience.

PRODUCT BENEFITS

WIld Caught Individually Quick Frozen

ITEM ID

00075391968536

ALTERNATE ITEM #

6204710

MANUFACTURER

Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	40
Serving size	112 Gram
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Trans Fat 0g	0%
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 14g	0%
Vitamin D 3.5mcg	20%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 180mg	4%

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

Flounder, Water, Sodium tripolyphosphate (to retain moisture)

ALLERGEN

Free from:Sesame Seeds and their derivatesMay contain:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

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 Wheat Derivatives

OTHER INFO

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

USAGE INSTRUCTIONS
To thaw, place under refrigeration for up to 24 hours. Prepare immediately. Flounder is best prepared baked, broiled, fried, or sautéed. Cook until an internal temperature of 145 degrees F is reached.

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
CHINA
VIET NAM

ARRIVAL LIFESPAN (DAYS)
913

PRODUCTION LIFESPAN (DAYS)
1095