



Trident Seafoods Corp.
**Tuna, Yellowfin Steak 4 Oz Skinless,
Boneless, Vacuum-Pack Frozen**
YELLOWFIN TUNA STEAKS 4 OZ INDIVIDUALLY VACUUM PACKED.



BONELESS - SKINLESS - PREFERRED BY CUSTOMERS; PORTION CONTROL - LABOR SAVING,
COST CONTROL; EASY TO COOK; LOW FAT, HIGH PROTEIN - ATTRACTS HEALTH CONSCIOUS;
VACUUM PACKED - PRESERVES FRESHNESS; COOK TO ORDER, NO WASTE

Brand		Manufacturer		Product Category		
Trident Seafoods		Trident Seafoods Corp.		Finfish Commodity		
MFG #	GTIN		Pack	Pack Desc.		
445851	00028029458510		1	1/10 lbs		
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
12.00 lbs	10.00 lbs	Indonesia			No	
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.00 inches	10.00 inches	6.25 inches	0.54 cu ft	12x7	730	-10.00 / 0.00 FAH

INGREDIENTS

Yellowfin Tuna Contains: Fish (yellowfin Tuna)

HANDLING

FOR BEST RESULTS, REMOVE ALL PACKAGING AND REFRIGERATE BELOW 38°F FOR 8-10 HOURS OR OVERNIGHT.

SERVING

TRY YOUR TUNA WITH ONE OF YOUR GREAT SAUCES; MUSTARD SAUCE, PARSLEY SAUCE OR SAUCE ITALIANO.

PREP & COOKING

ALLOW 10 MINUTES OF COOKING TIME PER INCH OF THICKNESS ON THAWED PRODUCT; 20 MINUTES PER INCH ON FROZEN PRODUCT.; BAKE: PREHEAT OVEN TO 400°F, PLACE IN BAKING DISH. ; GRILL: PLACE ON WELL GREASED GRILL A FEW INCHES ABOVE HOT COALS. TURN ONCE HALFWAY THROUGH COOKING TIME.; SAUT?: SAUT? IN OIL, BUTTER OR MARGARINE OVER MEDIUM HIGH HEAT. TURN FISH FOR EVEN BROWNING HALFWAY THROUGH COOKING.; BROIL: BROIL TUNA 4 INCHES FROM HEAT. BRUSH FISH WITH OIL, BUTTER, MARGARINE OR MARINADE SEVERAL TIMES DURING COOKING.

Nutrition Facts

40 servings per container

Serving size 113gr

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 1gr 2%

Saturated Fat 0 0%

Trans Fat 0gr 0%

Cholesterol 50mg 17%

Sodium 40mg 2%

Total Carbohydrate 0 0%

Dietary Fiber 0gr 0%

Total Sugars 0gr 0%

Includes 0 Added Sugars 0%

Protein 27gr

Vitamin D 0 0%

Calcium 17.01mg 2%

Iron 0.78mg 4%

Potassium 0 0%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy, Corn, Mustard, Sulphites

Contains

Fish

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accuracy.



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NUTRITION ANALYSIS

Calories	130	Total Fat	1 gr	Sodium	40 mg
Protein	27 gr	Trans Fats	0 gr	Calcium	17.01 mg
Total Carbohydrates	0	Saturated Fat	0	Iron	0.78 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	0 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	50 mg	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	1.06 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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