



America's Seafood Experts.*

6204410 - 4 OZ IQF FLOUNDER FILLETS

Sea Best® Flounder has a mildly sweet flavor with a tender, flaky texture. Flounder is popular for its mild taste and versatility, allowing it to be used in a wide variety of applications.

Brand: Sea Best®



Nutrition Facts

40 servings per container

Serving size 4 oz (112g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 50mg **16%**

Sodium 330mg **14%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 3.5mcg 15% • Calcium 26mg 2%

Iron 0.21mg 2% • Potassium 180mg 4%

Vitamin C 0 mg 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.

Additional Description

FLOUNDER FILLETS INDIVIDUALLY QUICK FROZEN 4 OZ

Ingredients

Flounder, Sodium Tripolyphosphate (To Retain Moisture).

Case Specifications

GTIN	00075391968505	Case Gross Weight	12.80 LB
UPC		Case Net Weight	10 LB
Pack Size	1 / 10LB	Case L,W,H	15.98 IN, 12.01 IN, 4 IN
Shelf Life	1095 Days	Cube	0.44 CF
Tie x High	8 x 10		

Preparation and Cooking

This fish tastes delicious baked, broiled, pan-seared, breaded and fried, grilled or poached. Cook to an internal temperature of 145°F.

Serving Suggestions

Serve with sides like rice pilaf, quinoa salad, roasted potatoes or sautéed vegetables for a center-of-the-plate approach. Or you can also serve this fish in entrées such as fish tacos, sandwiches, salads, wraps, soups and stews, stir-fry, curry, pasta, and any other dish as a delicious alternative to beef, chicken and pork.

Packaging and Storage

Keep frozen. Do not refreeze.

Allergens

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

MAY CONTAIN:

Crustaceans or Crustacean Derivatives

Country of Origin

China