



Sea Best
1067569686 - 6 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. Flounder is mild, lean and its oil content allows accompanying flavors to infuse with the flaky meat. Its versatility also lends itself to a variety of preparation methods and any number of recipes. With Flounder, flavor pairings ranging from mild, smooth butter to lemon will all work well. Flounder is very low in fat and a good source of B vitamins, magnesium and phosphorus.



* Benefits

Ingredients

Flounder

⚠ Allergens

Contains:



May Contain:



Free From:



Nutrition Facts

Servings per Container 40
Serving size 4oz (112g)

Amount per serving
Calories 80

% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0.5g	2%
Trans 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 3.5µg	17%
Calcium 26mg	2%
Iron 0.21 mg	1%
Potassium 180mg	3%

* 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.

Handling Suggestions

Keep frozen. Do not refreeze.

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.

Prep & Cooking Suggestions

This fish tastes delicious baked, sautéed or breaded and fried. Serve with sides, or in salads and sandwiches. Cook to an internal temperature of 145°F.

📄 Product Specifications

Brand	Manufacturer	Product Category
Sea Best	Beaver Street Fisheries Inc	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6204610	1067569686	00075391968529	0	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.77lb	10lb	CHN	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.98in	12.01in	4.5in	0.5ft3	10x10	1095DAYS	-10°F / 0°F



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FLOUNDER FILLETS INDIVIDUALLY QUICK FROZEN 6 OZ



Nutrition Analysis - By Serving

Calories	80kcal	Total Fat	2g	Sodium	330mg
Protein	14g	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	0g	Saturated Fat	0.5g	Iron	0.21mg
Sugars	0g	Added Sugars	0g	Potassium	180mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•	0NIU	Vitamin D	3.5µg	Thiamin	
Vitamin A(RE)		Vitamin E	0mg	Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

