



SEA BEST

# 213308 - T/O Red Snapper Fillets 8 10 Oz

Sea Best Snapper has a mild, sweet flavor that works well with many sauces and flavor profiles. This fish delivers a medium to firm texture that holds up well for various applications, and finishes remarkably moist and flaky.



### \* Benefits

## Nutrition Facts

Servings per Container 40  
Serving size 4OZ (113g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 11.4mcg	<b>57%</b>
Calcium 36mg	<b>3%</b>
Iron 0.2mg	<b>1%</b>
Potassium 470mg	<b>10%</b>

\* 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.

### Ingredients

Snapper

### ⚠ Allergens

**Contains:**



**May Contain:**



**Free From:**



### Handling Suggestions

Keep frozen. Do not refreeze.

### Serving Suggestions

Serve with sides like rice pilaf, quinoa salad, roasted potatoes or sauted vegetables for a center-of-the-plate approach. Or you can also serve this fish in entres 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, sauted or breaded and fried. Serve with sides, or in salads and sandwiches. Cook to an internal temperature of 145F.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
SEA BEST	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6301001	213308	00075391002872	0	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12lb	10lb	IDN		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18in	10in	6in	0.63ft3	10x5	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	70mg
Protein	23	Trans Fats	0g	Calcium	36mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0.2mg
Sugars	0g	Added Sugars	0g	Potassium	470mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)	36	Vitamin D	11.4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	1.8mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

