



SEYMOUR

432410 - Flounder Whole Dressed 16/20 Jit

Good source of Omega-3, pairs best with a crisp white wine



* Benefits

Nutrition Facts

Servings per Container 400
Serving size 1oz (28.35grams)

Amount per serving
Calories 26

	% Daily Value*
Total Fat 0.34g	0%
Saturated Fat 0.08g	0%
Trans Fat 0g	
Cholesterol 14mg	5%
Sodium 23mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 5.34g	
Vitamin D	%
Calcium 5mg	0%
Iron 0.1mg	1%
Potassium 102mg	2%

* 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

flounder

⚠ Allergens

Handling Suggestions

📄 Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
SEYMOUR	BON SECOUR FISHERIES, INC	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
32410	432410	30080564324103		1/25#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26lb	25lb		No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	0.8cf	5x5	365days	0 / 32



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Nutrition Analysis

Calories	26	Total Fat	0.34g	Sodium	23mg
Protein	5.34	Trans Fats	0g	Calcium	5mg
Total Carbohydrates...	0g	Saturated Fat	0.08g	Iron	0.1mg
Sugars	0g	Added Sugars		Potassium	102mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	14mg		
Vitamin A(U)	3	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.5mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

