



*** Benefits**

POPULAR, HIGH-END WHITEFISH. FIRM, WHITE AND FLAVORFUL. SPECIALLY CUT FOR CONSISTENT PORTIONS, VACUUM PACKED. UNIFORM COOK TIME AND TIGHT PORTION CONTROL. LOW FAT, HIGH PROTEIN. PERFECT FOR THE HEALTH CONSCIOUS CONSUMER. CERTIFIED SUSTAINABLE.

Nutrition Facts

Serving Size: 227 g
Number of Servings per 20

Amount Per Serving

Calories: 290 **Calories from Fat:** 35

% Daily Value*

Total Fat 6 g	6%
Saturated Fat 1 g	0%
Trans Fat 0 g	
Cholesterol 85 mg	27%
Sodium 140 mg	5%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	%
Protein 56 g	%

Vitamin A	Per Srv 8%	Vitamin C	Per Srv 0%
Calcium	4%	Iron	10%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

Ingredients

HALIBUT. CONTAINS: FISH (HALIBUT).

⚠ Allergens

Contains:



Free From:



Handling Suggestions

KEEP FROZEN AT 0F. OR BELOW UNTIL READY TO USE,

Serving Suggestions

SERVE AS YOUR MAIN ENTREE WITH YOUR FAVORITE SIDE DISH. OR USE IN CASSEROLES, SANDWICH WRAPS, SOUPS, FISH AND CHIPS.

Prep & Cooking Suggestions

ALLOW 10 MINUTES OF COOKING TIME PER INCH OF THICKNESS ON THAWED PRODUCT; 20 MINUTES PER INCH ON FROZEN PRODUCT. BAKE: PLACE HALIBUT IN BAKING DISH IN A PREHEATED OVEN AT 400F. IT IS NOT NECESSARY TURN HALIBUT DURING COOKING. GRILL: PLACE HALIBUT ON WELL GREASED GRILL A FEW INCHES ABOVE HOT COALS. TURN ONCE HALFWAY THROUGH COOKING TIME. SAUTÉ: SAUTÉ HALIBUT IN OIL, BUTTER OR MARGARINE OVER MEDIUM HIGH HEAT. TURN HALIBUT FOR EVEN BROWNING HALFWAY THROUGH COOKING. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 145F.

📄 Product Specifications

Brand	Manufacturer	Product Category
GREAT AMERICIAN	Great American Seafood	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
	488212		1	1/10#

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
12 LB	10 LB	No	US		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 in	10 in	6.25 in	0.54 cf	12x1	0 days	0°f / 32°f



Nutrition Analysis

Calories	290 KCAL	Total Fat	6 g	Sodium	140 mg
Protein	56 g	Trans Fats	0 g	Calcium	125.4 mg
Total Carbohydrates**	0 g	Saturated Fat	1 g	Iron	2.24 ME
Sugars	0 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	85 mg	Phosphorus	
Sucrose					
Vitamin A(IU)	418.9 IU	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

 Additional Images

