



GREAT AMERICAN

488279 - Wahoo Ono Loin Cuts 6 Oz Ind Cryvac'd



Nutrition Facts

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

Amount per serving
Calories 190

	% Daily Value*
Total Fat 10g	%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber	%
Total Sugars 0g	
Includes Added Sugar	%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	3%
Potassium 250mg	5%

* 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.

* Benefits

Wahoo is a lean, firm fish with a mild flavor and is versatile enough to be cooked in a variety of ways.

Ingredients

Wahoo.

Allergens

Contains:



May Contain:



Free From:



Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serve as entree.

Prep & Cooking Suggestions

Cook to an internal temperature of 145F.

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
	488279	00829944149329	0	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11LB	10LB	AR		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	12in	4.5in	0.34cf	7x2	365days	0°f / 32°f



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Nutrition Analysis

Calories	190	Total Fat	10g	Sodium	90mg
Protein	22	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	2.5g	Iron	0.5mg
Sugars	0g	Added Sugars		Potassium	250mg
Dietary Fiber		Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	70mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

