



BON SECOUR

488403 - Grouper Fillet 8 10 Oz S/O



Nutrition Facts

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

Amount per serving
Calories 100

% Daily Value*

Total Fat	1g	%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	60mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber		%
Total Sugars	0g	
Includes Added Sugar		%
Protein	22g	
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	1mg	6%
Potassium	540mg	11%

* 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

Mild and flaky, touts a stellar reputation for great taste, texture and versatility.

Ingredients

Grouper.

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
BON SECOUR	BON SECOUR -STOCKED	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
33638	488403	00075391023754	0	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.5LB	10LB	MX		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.5in	10in	6in	0.5cf	3x5	0days	0°f / 32°f



Nutrition Analysis

Calories	100	Total Fat	1g	Sodium	60mg
Protein	22	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars		Potassium	540mg
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(U)	36	Vitamin D	0mcg	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

