



PACKER
528761 - Grouper Fillet Frozen 4 6 Oz



Nutrition Facts

Servings per Container **40**
Serving size **4oz (112grams)**

Amount per serving
Calories 104

	% Daily Value*
Total Fat 1g	%
Saturated Fat 0.26g	1%
Trans Fat 0g	
Cholesterol 42mg	14%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1.14mg	6%
Potassium	%

* 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, with a reputation for great taste, texture and versatility.

Ingredients	Allergens
Grouper	<p>Contains:</p> <ul style="list-style-type: none"> fish <p>May Contain:</p> <ul style="list-style-type: none"> crustaceans <p>Free From:</p> <ul style="list-style-type: none"> eggs milk peanuts sesame soy tree nuts wheat

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
PACKER	BON SECOUR -STOCKED	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6206515	528761	10075391012199	0	1/10#

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
20.25in	11in	13.5in	1.74cf	1x1	365days	0°f / 32°f



Nutrition Analysis

Calories	104	Total Fat	1g	Sodium	60mg
Protein	22	Trans Fats	0g	Calcium	24mg
Total Carbohydrates...	0g	Saturated Fat	0.26g	Iron	1.14mg
Sugars	0g	Added Sugars	0g	Potassium	
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	42mg		
Vitamin A(U)	187	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

