



# WHITING FILLETS

<b>Product</b>	Whiting
<b>Scientific Name</b>	<i>Merluccius Hubbsi / Hake</i>
<b>Brand</b>	Packer
<b>Form</b>	Fillets
<b>Country of Origin</b>	Argentina
<b>Pack Size</b>	4 x 10 LB
<b>Pack Type</b>	Layer Pack
<b>Net Weight (In LBS)</b>	40 LB
<b>Gross Weight (In LBS)</b>	44 LB
<b>Product Mix</b>	Whiting
<b>Breaded/Battered</b>	No
<b>Bones In/Out</b>	In
<b>Shell On/Off</b>	N/A
<b>Skin On/Off</b>	Off
<b>Tail On/Off</b>	Off
<b>Condition</b>	Frozen, Excellent
<b>Flavor Profile</b>	Mild-Flavored
<b>Texture Profile</b>	Firm
<b>Cooking Methods</b>	Baking, Broiling, Frying, Sautéing
<b>Seasonality</b>	All Year Round
<b>Handling Storage</b>	Keep Frozen at -18C or Less
<b>Farmed / Wild</b>	Wild
<b>Method of Catch</b>	Bottom Otter Trawls, FAO 41
<b>Shelf Life</b>	2 Years from Production Date
<b>Ingredients</b>	<i>Whiting / Hake</i>



## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 Fillet (92g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 17g	34%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	2%
Vitamin C	0%

\*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.

Size	Item Code	UPC #	GTIN
2-4 OZ	WH56022	--	--
4-6 OZ	WH56024	--	--
6-8 OZ	WH56027	--	--
8-10 OZ	WH56028	--	--
10-12 OZ	WH56029	--	--

Standards	Limit	Unit
<b>Microbiology</b>		
TPC	500,000	MPN/g
E. Coli	10	MPN/g
Salmonella	ND	MPN/25g
Staphylococcus aureus	100	MPN/g
<b>Chemical</b>		
Histamine	< 35	ppm
Mercury	< 1	ppm



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