



SWORDFISH STEAKS

| | |
|------------------------------|---|
| Product | Swordfish Steaks |
| Scientific Name | <i>Xiphias Gladius</i> |
| Brand | Central: Packer, Vietnam: Channel |
| Form | Steaks |
| Country of Origin | Central America and Vietnam |
| Pack Size | 1 x 10 LB |
| Pack Type | IVP |
| Net Weight (In LBS) | 10 LB |
| Gross Weight (In LBS) | 11 LB |
| Product Mix | Swordfish Steaks |
| Breaded/Battered | N/A |
| Bones In/Out | Out |
| Shell On/Off | N/A |
| Skin On/Off | Off |
| Tail On/Off | N/A |
| Condition | Frozen, Excellent |
| Flavor Profile | Flavorful and Slightly Sweet |
| Texture Profile | Firm and Meaty |
| Cooking Methods | Baking, Broiling, Grilling, Roasting, Smoking |
| Seasonality | March - December |
| Handling Storage | Keep Frozen at -18C or Less |
| Farmed / Wild | Wild |
| Method of Catch | Long Lines |
| Shelf Life | 2 Years from Production Date |
| Ingredients | <i>Swordfish, Co Treated</i> |



| Nutrition Facts | |
|--------------------------|------------|
| Serving size | 3 oz (85g) |
| Amount Per Serving | |
| Calories | 100 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 75mg | 3% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 17g | 34% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.72mg | 4% |
| Potassium 0mg | 0% |
| Vitamin A | 2% |
| Vitamin C | 2% |

*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 |
|-------|-----------|--------------|----------------|
| 6 OZ | SD55522 | 724155002251 | 00724155002251 |
| 8 OZ | SD55521 | 724155002237 | 00724155002237 |
| 10 OZ | SD55523 | 724155002268 | 00724155002268 |

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



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