



**WHITING FILLETS  
SKINLESS, BONELESS  
CHEM FREE**

<b>Product</b>	Whiting
<b>Scientific Name</b>	<i>Merluccius Productus</i>
<b>Brand</b>	Channel
<b>Form</b>	Skinless, Boneless IQF Fillets
<b>Country of Origin</b>	China
<b>Pack Size</b>	10 LB Master
<b>Pack Type</b>	IQF
<b>Net Weight (In LBS)</b>	10 LB
<b>Gross Weight (In LBS)</b>	11 LB
<b>Product Mix</b>	Whiting
<b>Breaded/Battered</b>	N/A
<b>Bones In/Out</b>	Out
<b>Shell On/Off</b>	N/A
<b>Skin On/Off</b>	Off
<b>Tail On/Off</b>	N/A
<b>Condition</b>	Frozen, Excellent
<b>Flavor Profile</b>	Mild-Flavored
<b>Texture Profile</b>	Firm
<b>Cooking Methods</b>	Baking, Broiling, Frying
<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 Trawl
<b>Ti/Hi</b>	15 x 10
<b>Case Dimensions</b>	14.25 x 11 x 4
<b>Shelf Life</b>	2 Years from Production Date
<b>Ingredients</b>	<i>Whiting / Hake</i>



**Nutrition Facts**

10 servings per container  
**Serving size** 1 Fillet (92g)  
**Amount Per Serving**  
**Calories** **80**

	% 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
4-6 OZ	WH56023	724155003265	
6-8 OZ	WH56021	724155003272	
8-10 OZ	WH56019	724155003289	

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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