



# GROUPEL FILLETS

<b>Product</b>	Grouper
<b>Scientific Name</b>	<i>Epinephelus Areolatus</i>
<b>Brand</b>	Channel
<b>Form</b>	Fillets
<b>Country of Origin</b>	Vietnam
<b>Pack Size</b>	10 LB
<b>Pack Type</b>	Bulk, IVP
<b>Net Weight (In LBS)</b>	10 LB
<b>Gross Weight (In LBS)</b>	11 LB
<b>Product Mix</b>	Grouper
<b>Breaded/Battered</b>	No
<b>Bones In/Out</b>	Out
<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
<b>Texture Profile</b>	Firm
<b>Cooking Methods</b>	Baking, Broiling, Grilling, Frying, Steaming
<b>Seasonality</b>	May - December
<b>Handling Storage</b>	Keep Frozen at -18C or Less
<b>Farmed / Wild</b>	Wild
<b>Method of Catch</b>	Hand Lines
<b>Ti/Hi</b>	10 x 12
<b>Case Dimensions</b>	14.5 x 9.5 x 5.5
<b>Shelf Life</b>	2 Years from Production Date
<b>Ingredients</b>	<i>Grouper</i>



<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 Fillet (259g)
Amount Per Serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 50g	100%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 2.34mg	15%
Potassium 0mg	0%
Vitamin A	8%
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.

**FOR SAUTÉING AND BROILING APPLICATIONS:  
DO NOT THAW THIS PRODUCT COMPLETELY  
BEFORE COOKING. COOK FROM FROZEN OR  
PARTIALLY FROZEN STATE.**

Size	Item Code	UPC #	GTIN
4-6 OZ	GR52030	724155000080	00724155000080
6-8 OZ	GR52035	724155000097	00724155000097
8-10 OZ	GR52040	724155000103	00724155000103
10-12 OZ	GR52041	724155000110	00724155000110

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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