



CARIBBEAN RED SNAPPER

NAME: CARIBBEAN RED SNAPPER
ORIGIN: SURINAME
SCIENTIFIC NAME: LUTJANUS PURPUREUS
SPANISH NAME: PARGO ROJO CARIBENO

PRODUCT FORMS: FRESH AND FROZEN

Fillet: 6oz thru 5lbs | Portions: 4oz thru 14oz
WHOLE/GGS: 1/2-3/4, 3/4-1, 1-1.5, 1.5-2, 2-3, 2-4, 4-6, 6-10, 10-UP
Portions, Natural Cut, Skinless, Skin on Boneless and Belly Trimmed

PACKING: Individually Vacuum Packed / I.W.P.

METHOD OF CAPTURE: WILD CAUGHT

SUSTAINABILITY & SAFETY:

SEASONALITY: February | March | April | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

ALLERGENS: FISH/PESCADO

INGREDIENTS: SNAPPER

FLAVOR PROFILE: MEDIUM

TEXTURE PROFILE: MEDIUM

COOKING METHODS: Baking | Broiling | Frying | Grilling | Papillote | Sautee | Soups

STORAGE: Keep Frozen at -18C or Colder |

BOX DIMENSIONS: H 4" x L 15.4" x W 12" | TixHi:9x16 | 10LBS Boxes

THAWING: Important: Keep frozen until ready to use. Remove from sealed bag and defrost under refrigeration a minimum of 4-6 hours or until fully thawed.

DO NOT leave soaking in water, it will affect flavor and texture of fish. Alternatively, run sealed bag under water and remove from bag immediately once thawed.

THAWED STORAGE: Keep Refrigerated, use within 24 hours for best results.

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.36mg	2%
Potassium 282mg	6%
*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.	

