



Alaskan Flounder Fillets

IQF, Boneless, Skinless or Skin-on

Country of Origin: USA / Processed in China

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: 0° F (- 18° C)

Frozen Shelf Life: 730 days

Size Ranges:

Skin on: 1.5 oz - 10 oz fillets

Skinless: 2 oz - 10 oz. fillets

Ingredients: Flounder

Contains: Fish (Flounder)

Key Selling Points:

- Versatile Fish
- Larger Sized Fillets
- Consistent Availability



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 4oz. (113g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 65mg **21%**

Sodium 140mg **6%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Incl. 0g Added Sugars **0%**

Protein 19g

Vitamin D 1mcg 0% • Calcium 20mg 2%

Iron 0mg 0% • Potassium 240mg 6%

*Percent Daily Values are based on a 2,000 calorie diet.

FLAVOR PROFILE



TEXTURE



Packaging: IQF Bulk, Corrugated master carton.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	.43	14/10	140

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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