



## Item Specification Sheet

**Item: #116739 Flounder Fillet**

**Order Unit: PACKAGE | Price Unit: PACKAGE | Weight Type: NET WEIGHT**

### Item Information

Description: All seafood is produced in a facility that complies with current Good Manufacturing Practices and operates under a program of proper sanitation standard operating procedures (SSOP's). In Compliance with US Food and Drug Administration and the National Marine Fisheries Service Regulation 21 CFR Part 123, Approved Hazard Analysis Critical Control Point Plans (HACCP), "Fair Packaging and Labeling Act", and the "Country of Origin and Method of Production" labeling Law.

Characteristics: Individually skin packed Trays. Wild Caught, Country of Origin: USA.

### Specifications

Pieces Per Package: 2-5

Package Weight: 10 OZ.

Shelf Life: KEEP FROZEN 2 years from production date

### Ingredients

Flounder

**ALLERGENS: FISH**

Cooking Instructions

Raw, Not sushi grade. Must be fully cooked. COOKING INSTRUCTIONS  
BAKE OR BROIL

To Thaw: Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, bake or sauté the flounder fillets.

Sauté: Season with coarse salt, pepper or herbs. Add two tablespoons oil or butter to skillet. Heat oil over medium or medium-high, but don’t allow oil to smoke. Place fillets in skillet and cook (skin-side down) for 1 to 4 minutes. Shake pan occasionally while the fish is cooking to prevent it from sticking. Turn the fish over and cook for another 1 to 4 minutes until fish flakes easily and is opaque in the middle.

Bake: Preheat oven to about 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper, and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

Pan Fry: Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to a plate lined with paper towels to drain, and serve immediately.

Broil: Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4 to 5 inches from heat and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

CAUTION: Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your stove or oven.

Product Images & Nutritional Information

Nutrition Facts	
Servings Per Container Varied	
Serving Size	4oz (113g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 340mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 181mg	4%
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium	
*Percent Daily Values are based on a 2,000-calorie diet	

