



Item Specification Sheet

Item: #116749 Sea Scallops

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: 20-30

Package Weight: 10 OZ.

Shelf Life: KEEP FROZEN: 2 Years from the production date

Ingredients

Sea Scallops

ALLERGENS: FISH

Cooking Instructions

COOKING INSTRUCTIONS
BAKE, BROIL, GRILL OR SAUTE

KEEP FROZEN. DO NOT REFREEZE.

Preparation: Place unopened package in refrigerator and allow to thaw overnight. Remove scallops from packaging and rinse with cold water and drain. QUICK THAW: Remove scallops from package and place in a bowl under cold running water for 3-5 minutes, then drain.

Bake: Preheat oven to 425°F. Place scallops in lightly oiled shallow baking dish. Season with salt, pepper and butter. Bake for 6-10 minutes per inch of thickness of scallop, until it appears lightly opaque throughout.

Broil: Preheat broiler pan. If desired season scallops with salt, pepper, and lemon juice. Place pan containing scallops 4-5 inches from heat and broil for 6-10 minutes.

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

Product Images & Nutritional Information

Nutrition Facts

Serving size4 oz (112g)
About 2 scallops

Amount per serving

Calories130

% Daily Value*

Total Fat 1g2%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 55mg18%

Sodium 260mg11%

Total Carbohydrate 0g0%

Dietary Fiber 0g0%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 14g

Vit. D 0mcg 0%Calcium 30mg 2%

Iron 0.75mg 4%Potas. 230mg 4%

* 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.