



## Item Specification Sheet

**Item: #116745 Boneless Skinless Sword Steak**

**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: Varies

### Specifications

Pieces Per Package: 1-2

Package Weight: 10 OZ.

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

### Ingredients

Swordfish

**ALLERGENS: FISH**

## Cooking Instructions

The cooking times below are in minutes and based on using fully thawed products. All times are approximate. Cook until fish is opaque throughout without over cooking. Thaw in refrigerator. When thawing, remove from plastic packaging. Cover and refrigerate below 38 degrees F. Once thawed, consume within one to two days.

**GRILL:** Preheat grill to medium heat. Brush the fish with melted butter or oil; season as desired. Wrap Swordfish steak in foil. Grill for 4-5 minutes on the first side. Flip, then grill an additional 3-4 minutes on the second side. The Swordfish is done when opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**PAN SAUTÉ:** Preheat 1 tsp. of cooking oil per portion over medium heat. Season as desired. Carefully place Swordfish steak in pan; sauté, covered, for 4-5 minutes on the first side. Flip, then continue cooking an additional 3-4 minutes on the second side. The Swordfish is done when opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**BAKE:** Preheat oven to 400°F. Brush Swordfish lightly with melted butter or olive oil. Season as desired. Place on a baking sheet, bake for 10-12 minutes. The Swordfish is done when opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**BROIL:** Preheat broiler to high heat. Brush the Swordfish steak with melted butter or oil; season as desired. Broil for 4-5 minutes on the first side. Flip, then broil an additional 3-4 minutes on the second side. The Swordfish is done when opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

## Product Images & Nutritional Information

Nutrition Facts	
Serving size	6 oz (170g)
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	
Vitamin D 24mcg	120%
Calcium 8mg	0%
Iron 0.7mg	4%
Potassium 711mg	15%
*The % Daily Value 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.	

