



CHEFS UNDERSTAND QUALITY



Product:

UNICORN FILLET

INDIV. VACUUM PACKED, SKINLESS & BONELESS, ONCE CUT

AKA/ Species:

File Fish, Leather Jacket / Aluterus monoceros

Form:

Frozen, Once Cut Fillet, Skinless, Boneless & Well Trimmed

Origin:

India

Allergens:

Contains Fish

Ingredients:

Unicorn Filefish

Method of Capture:

Nets / Wild Caught

Processed:

Filletted and Flash Frozen at Source (Membrane Removed)

Flavor Graph:

Mild Medium Full Flavored

Texture Graph:

Delicate **Medium** Firm

Suggested Cooking Methods:

Baking Broiling Ceviche **Flat Top Frying Grilling Papillote** Sashimi **Sautee Soups**

Seasonality:

Jan Feb **Mar Apr May Jun Jul Aug Sep Oct Nov Dec**

Storage:

Keep Frozen at -18C or Colder

Shelf Life (frozen): 24 months

Thawing Instructions:

Remove from bag and thaw under refrigeration for 4-6 hours or place under running water until thawed. DO NOT leave soaking in water, it will affect the flavor and texture of the fish.

Thawed Storing Tips:

Keep Refrigerated, use within 24 hours for best results.

Pack:

Individually Vacuum Packed, 10lb Corrugated Case

Box Dimensions:

L 11.6" x W 14.6" x H 3.6" **Ti x Hi:** 9x16

**100% NATURAL. WELL TRIMMED
AND DISTINCTIVE
MEMBRANE REMOVED.**

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101166	6-8oz	10lb	23	10856856006829	856856006822
101167	8-10oz	10lb	18	10856856006836	856856006839



Packed in a HACCP certified and BRC approved plant.



Nutrition Facts

Serving size (113g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 340mg **15%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 18g **36%**

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.