



CHEFS UNDERSTAND QUALITY



**Product:**

## UNICORN FILLET

**INDIV. VACUUM PACKED, SKINLESS & BONELESS, NATURAL CUT**

**AKA/ Species:**

File Fish, Leather Jacket / Aluterus monoceros

**Form:**

Frozen, 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	Avg. Units Per Case	Master GTIN	Master UPC
101386	4-6oz	32	10856856006843	856856006846
101395	6-8oz	23	10856856006850	856856006853
101396	8-10oz	18	10856856006867	856856006860
100222	10-12oz	15	10857428006810	857428006813



THE GLOBAL LANGUAGE OF BUSINESS

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.