

SEA BEST

00075391968543 - FLOUNDER FILLET SKNLS BNLS 8 OZ

Wild Caught. Individually Quick Frozen



MARKETING

Sea Best Flounder fillets are skinless, boneless and wild caught. Flounder is known for its pure white, lean, flaky texture and mild flavor that ranges from bland to sweet. Taste and texture vary, depending on species. Each fillet is individually quick frozen and bulk packaged for optimal freshness and convenience.



Nutrition Facts

40 Servings per container	
Serving Size	4oz (112g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 330 mg	15%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 3.5 mcg	18%
Calcium 26 mg	2%
Iron 0.36 mg	2%
Potassium 180 mg	4%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code		GTIN			Pack Description		
6204810		00075391968543			1/10lb		
Brand	Brand Owner			GPC Description			
SEA BEST	Beaver Street Fisheries Inc.			Fish - Unprepared/Unprocessed (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition	
12.711 LBR	10 LBR	No	CN, VN		Undeclared	No	
Shipping							
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
15.98 INH	12.01 INH	4.5 INH	0.5 FTQ	10x9	730 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
TRACEABILITY_REGULATION		FSMA204	TRUE		N/A		

HANDLING SUGGESTIONS

Keep frozen. Do not refreeze.



ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

-  Milk - N

 Eggs - N

 Soybean - N

 Wheat - N

 Sesame - N

 Mustard - N
-  Peanuts - N

 Tree - N

 Fish - C

 Shellfish - N

 Crustaceans - N

 Molluscs - N



INGREDIENTS

Flounder or Sole, Water, Sodium tripolyphosphate (to retain moisture)

SEA BEST

00075391968543 - FLOUNDER FILLET SKNLS BNLS 8 OZ

Wlld Caught. Individually Quick Frozen

PREPARATION & COOKING SUGGESTIONS

Cook to an internal temperature of 145°F.

SERVING SUGGESTIONS

Serve as entree.

MORE INFORMATION

E-mail : BBallew@seabest.com