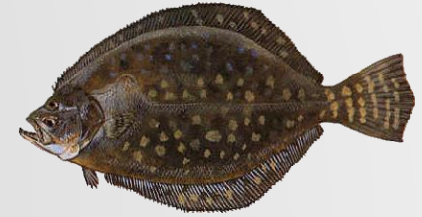




# FLOUNDER



<b>Scientific Name:</b>		<i>Pleuronectes aster and Lepidopsetta bilienata</i>	
<b>ORIGIN:</b>		China	
<b>WILD/FARMED:</b>		Wild Caught	
<b>HARVEST METHOD:</b>		Trawl	
<b>FORM/PACK SIZE::</b>		IQF Skinless Boneless Fillets, 1-10lb	
<b>AVAILABILITY:</b>		Year Round	
<b>FRESH/FROZEN:</b>		Frozen	
<b>ALTERNATIVE TO:</b>		Cod, Haddock, Sole	
<b>SUSTAINABILITY RATING:</b>		Best Choice – MSC Certified	
<b><u>SLADE GORTON CODE</u></b>	<b>Size</b>	<b>UPC</b>	<b>GTIN</b>
PC# 9006	3-5 Oz	073129090061	00073129090061
PC# 9199	5-8 Oz	073129091990	00073129091990
PC# 9131	4 Oz	073129091310	00073129091310
PC# 9166	5 Oz	073129091662	00073129091662
PC# 9201	6 Oz	073129092010	00073129092010
PC# 9210	7 Oz	073129092102	00073129092102
PC# 9213	8 Oz	073129092133	00073129092133



## Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>19%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 22g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Product Details

### Packaging Information

Pack/Size (lbs)	Gross Weight (lbs)	Net Weight (lbs)	Case Cube (cu ft)	Configuration L x W x H (in)	Configuration TI x HI Pallet	Cases/Pallet
1/10	11	10	0.392	14.5 x 11 x 4.25	10x16	160

### Product Performance

Product Size	Pieces/Pound	Approximate Pieces/Case	Recommended Servings/Case	Shelf Life	Storage Temperature
3-5 Oz	4	32-53	32-53	18 months	0°F to -20°F
5-8 Oz	3	20-32	20-32	18 months	0°F to -20°F
4 Oz	4	40	40	18 months	0°F to -20°F
5 Oz	3	32	32	18 months	0°F to -20°F
6 Oz	2	27	27	18 months	0°F to -20°F
7 Oz	2	23	23-46	18 months	0°F to -20°F
8 Oz	2	20	20-40	18 months	0°F to -20°F

## Features and Benefits

ICYBAY's Flounder Fillets are guaranteed to be 100% net weight.

Our flounder is wild caught by trawlers, which minimizes bruised flesh seen in other flounders caught with gillnets as comes from a MSC certified sustainable fishery.

Produced and cut to the highest standard with no cartilages, skin patches or split tails. ICYBAY flounder fillets are free of bloodspots, gaping or damage to the flesh.

Skinless boneless. All fat lines are removed resulting in a 100% usable product.

Flounder can be baked, broiled, fried and sautéed.

ICYBAY flounder fillets are conveniently packed in 10 lb. master cases.

## Market Segments:

Assisted Living  
B&I  
Casual Dining  
Country Clubs  
Cruise lines/Leisure  
Fine Dining  
Hospitals  
Hotels/Resorts/Casino  
Nursing/Retirement Home  
Recreation Facility/ Sports Complex

**PC # 9006**

**ICYBAY FLOUNDER / MSC**

3 OZ FILLETS

IQF SKINLESS BONELESS

INGREDIENTS: Flounder, Sodium Tripolyphosphate

CONTAINS: Flounder

Pack 1/10 lbs.

Product of China

Wild Caught

NET WT 10 LB (4.54 kg)

SG PO#

Pack Date:



**SLADE GORTON**  
NO ONE ELSE