



Seared Turbot

Mild flavored and tender, our turbot is simply prepared with salt and pepper and seared to perfection.

Item Number: 1003583

Target Weight: 4.00 oz

Pack Size: 6 Pieces/Pouch, 5 Pouches/Case, 30 Pieces/Case

Net Case Weight: 7.5 lb

Ingredients: Turbot, Water, Salt, Caramel Color, White Pepper.

HEATING INSTRUCTIONS

From Frozen:

Convection Oven: 12 minutes at 350°F

Microwave Oven: 3-4 minutes (1100 watts)

From Thawed:

Convection Oven: 8 minutes at 350°F

Microwave Oven: 1 minutes (1100 watts)

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFOST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

Nutrition Facts

Serving Size 1 Portion (113g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 330mg **14%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 18g

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
Sat. 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



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HIGH PROTEIN



NO TRANS FAT



LOW SATURATED FAT



FISH