



Ideal for Refreshed and Frozen Seafood Programs

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded — goes directly from shipping carton into fresh or frozen case, reducing in-store handling.



Premium wild-caught
**North Atlantic
SCALLOPS**

HEALTHY
READY-TO-GO
CONVENIENCE
2 SERVINGS

**100% RESPONSIBLY
WILD-CAUGHT
SOURCED**

Net weight 8 oz. (227g)

Our GO WILD™ scallops are 100% wild-caught from the rugged waters of the North Atlantic, where they thrive in their natural environment. Low in calories and carbohydrates, GO WILD™ scallops are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced scallops tonight.

Wild-caught with care, easy to prepare

Cooking Instructions: Remove scallops from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add scallops flat side down, and pan sear 2-3 minutes until well browned. Turn and sear 30-90 seconds longer until sides of scallops are firm and opaque. Serve and GO WILD!

Nutrition Facts

Serving Size 4 oz. (113g)		Calories: 2,000 2,500	
Servings Per Container 2		Total Fat Less than 65g 80g	
Amount Per Serving		Sat Fat Less than 20g 25g	
Calories 80	Calories from Fat 0	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	
Total Fat 0.5g	1%	Recommended daily value of protein: 50g	
Saturated Fat 0g	0%	INGREDIENTS:	
Trans Fat 0g		North Atlantic Sea Scallops	
Cholesterol 25mg	8%	CONTAINS: Scallops	
Sodium 440mg	18%	Product of USA	
Total Carbohydrate 4g	1%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 14g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		

Safe storage and handling: Store in refrigerator (38°F or below) until ready to prepare. Do not refreeze. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator for 3-4 hours before use. This product has a seven-day shelf life once thawed. It should not be consumed after the retailer's stated "Use By" date.

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET Ti-Hi	NET WGT.
Sea Scallops	North Atlantic	8-8269494601-3	00882694956012	12 x 8 oz.	14.19" x 9.44" x 8.19"	13 x 8	624 lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

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