

GO WILD™

PREMIUM SEAFOOD



Ideal for **FRESH** or even **Frozen Seafood Cases**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

HEALTHY
**PRE-PORTIONED
CONVENIENCE**
2 SERVINGS

FARM-RAISED WITH CARE, EASY TO PREPARE.
SERVE AND GO WILD!

**100% RESPONSIBLY
SOURCED**

Our GO WILD™ Premium farm-raised Tilapia is low in calories with no carbohydrates. GO WILD™ fillets are packed with protein and pre-portioned for your convenience.

Cooking Instructions: Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 3-5 minutes or until center is firm and opaque, or an internal temperature of 145° F is reached.

Safe storage and handling: Keep refrigerated until ready to prepare. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator overnight before use.

INGREDIENTS: Tilapia

CONTAINS: Fish

Product of Mexico/Honduras

This Tilapia was responsibly sourced from sustainable fisheries that follow best aquaculture practices.

Premium farm-raised

Tilapia

Net weight 8 oz. (227g)

SPECIES	Tilapia
ORIGIN	Mexico/Honduras
UPC CODE	8-8269495811-5
CASE GTIN	882694958115
PACKED	12 x 8 oz.
CASE DIMENSIONS	14.19" x 9.44" x 8.19"
PALLET TI-HI	13 x 10
NET WGT.	780 lbs.

Your customers will love our easy on-line recipes and serving suggestions!

www.gowildseafood.com



Nutrition Facts

2 servings per container	
Serving Size	4 oz. (113g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron less than 1mg	4%
Potassium 341mg	8%

*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.

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See Mariner Seafood's complete product line at:
www.marinerseafood.com

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