



Premium wild-caught North Atlantic SCALLOPS



Net weight 8 oz. (227g)

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

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		depending on your calorie needs:	
Amount Per Serving			
Calories 80	Calories from Fat 0		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 440mg			18%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 14g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	

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	Less than 300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Recommended daily value of protein: 50g

INGREDIENTS:
North Atlantic Scallops
CONTAINS: Scallops
Product of USA

Packed by Mariner Seafood, LLC, New Bedford, MA.
GO WILD is a trademark of Mariner Seafood, LLC.

Visit www.gowildseafood.com
for great recipes and tips today!



SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Scallops	North Atlantic	8-8269494601-3	00882694946013	20 x 8 oz.	17" x 12" x 8"	6x10	600lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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