



Premium wild-caught
**Alaskan
FLOUNDER**



Net weight 8 oz. (227g) 2 servings

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

Our GO WILD™ Alaskan Flounder is 100% wild-caught from the icy-cold depths of Alaskan waters, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced flounder tonight.

Wild-caught with care, easy to prepare.

Cooking Instructions: Remove flounder 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. Serve and GO WILD!

Nutrition Facts

Serving Size 4 oz. (113g)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
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

Recommended daily value of protein: 50g
INGREDIENTS: Alaskan Flounder
CONTAINS: Fish
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.
Flounder	Alaska	8-8269494301-2	00882694943012	20 x 8 oz.	17" x 12" x 8"	6x10	600lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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