



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.

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

Our GO WILD™ Alaska 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 customer 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: Flounder

CONTAINS: Fish

Product of USA

This Flounder was responsibly sourced in Alaska from ASMI sustainable fisheries.



Wild, Natural & Sustainable®

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium wild-caught
Alaska Flounder

Net weight 8 oz. (227g)

SPECIES	Flounder
ORIGIN	Alaska
UPC CODE	8-8269494301-2
CASE GTIN	00882694953011
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.

Nutrition Facts

2 servings per container	
Serving Size	4 oz. (113g)
Amount per serving	
Calories	80
% 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%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 3mcg	15%
Calcium 24mg	2%
Iron less than 1mg	2%
Potassium 181mg	4%

*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.



www.marinerseafood.com

GO WILD™ Premium Seafood displaying the MSC blue fish — is certified sustainable, responsibly sourced, and traceable to an MSC certified fishery. Learn more at msc.org.



www.gowildseafood.com

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