



**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!

HEALTHY  
READY-TO-GO  
CONVENIENCE  
2 SERVINGS

Premium wild-caught

## North Atlantic Scallops

Net weight 8 oz. (227g)

SPECIES	Sea Scallops
ORIGIN	North Atlantic
UPC CODE	8-8269494601-3
CASE GTIN	00882694956012
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.

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 with no carbohydrates, GO WILD™ scallops are packed with protein and pre-portioned for customer convenience.

**Cooking Instructions:** Scallops are delicious broiled, grilled, or pan-seared. To pan-sear, remove scallops from tray and blot dry. Heat 1-2 tbsp. oil or butter in a non-stick skillet on medium-high heat. Add scallops flat side down and sear 2-3 minutes until well browned. Turn and sear 30-90 seconds longer until sides of scallops are firm and opaque.

**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: Sea Scallops

CONTAINS: Scallops

Product of USA

*These scallops were responsibly sourced from sustainable fisheries in the North Atlantic.*

### Nutrition Facts

2 servings per container	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 9mg	<b>0%</b>
Iron less than 1mg	<b>2%</b>
<b>Potassium</b> 266mg	<b>6%</b>

\* 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](http://msc.org).



www.gowildseafood.com

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