



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 an MSC certified sustainable fishery.*



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	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% 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%
<b>Protein 14g</b>	
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](http://msc.org).



www.gowildseafood.com

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