



Premium wild-caught seafood

Ideal for Refreshed and Frozen Seafood Programs

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded — goes directly from shipping carton into fresh or frozen case, reducing in-store handling.



Premium wild-caught
**Alaska
FLOUNDER**

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

100% RESPONSIBLY
WILD-CAUGHT
SOURCED

Net weight 8 oz. (227g)

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 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)		Calories: 2,000 2,500	
Servings Per Container 2		Total Fat Less than 65g 80g	
Amount Per Serving		Sat Fat Less than 20g 25g	
Calories 80	Calories from Fat 20	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	
Total Fat 2g	3%	Recommended daily value of protein: 50g	
Saturated Fat 0g	0%	INGREDIENTS: Alaska Flounder	
Trans Fat 0g		CONTAINS: Fish	
Cholesterol 50mg	17%	Product of USA	
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%		

Safe storage and handling: Store in refrigerator (38°F or below) until ready to prepare. Do not refreeze. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator for 3-4 hours before use. This product has a seven-day shelf life once thawed. It should not be consumed after the retailer's stated "Use By" date.

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Flounder	Alaska	8-8269494301-2	00882694953011	12 x 8 oz.	14.19" x 9.44" x 8.19"	13 x 8	624 lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



Wild, Natural & Sustainable®



NATIONAL FISHERIES INSTITUTE

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

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