

Item # 86184

Flounder/Dab, 2/5 ounce skinless fillets Iceland



Portion

100 gram

PC # 86184
ICYBAY FRESH FLOUNDER
2-5 OZ FILLETS
SKINLESS BONELESS
 INGREDIENTS: Flounder/Dab
 Pack 1/10 lbs.
 Product of Iceland
 Wild Caught
NET WT 10 LB (4.54 kg)
 SG PO#
 Pack Date:




Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 4%
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
Saturated 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

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 2%
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
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Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
86184	076129861846	00076129861846	Flounder/Dab	Flounder/Dab 2/5 oz Fillets, Iceland	10	10	15	10

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration TI x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
86184	0.692	18.125 x 11 x 6	8 x 7	56	Iceland Responsible Fisheries	Flounder/Dab	ICYBAY	Boston