

# Barramundi Fillets



- >> MILD, SWEET FLAVOR
- >> GREAT SOURCE OF OMEGA-3
- >> PROVIDES AFFORDABLE MENU VERSATILITY



## Barramundi Fillets

A unique yet affordable gourmet fish, Barramundi is prized for its succulent white flesh, mildly sweet flavor and delicate texture, making it an ideal addition to most any seafood recipe.

Also called Asian Sea Bass, Barramundi is a great source of Omega-3 and has remarkable menu versatility. Trident's deep-skinned fillets are carefully portioned for consistent sizing, and they offer a beautiful and distinctive presentation whether steamed, baked, grilled or fried.

## Features & Benefits

### >> UNIQUE MENU ITEM

Provides menu differentiation with mainstream appeal

### >> A GOOD SOURCE OF OMEGA-3

Comparable to wild salmon

### >> DEEP SKINNED

Ensures a mild flavor and white fillet color when cooked

## Species Information

Barramundi is a buttery tasting whitefish with delicate, flaky texture and naturally high Omega-3 content. Trident Barramundi are farm-raised in ocean pens by suppliers held to the strictest environmental standards, ensuring consistent clean flavor and the highest quality.

### BARRAMUNDI FILLETS

Deep skinned fillets for a mild, clean flavor and attractive presentation.



## PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN #
419059	3–5 oz. Barramundi Fillet VP	1/10 lb.	39–41	0 00 28029 19059 5
417497	5–7 oz. Barramundi Fillet VP	1/10 lb.	25–27	0 00 28029 17497 7
417498	7–9 oz. Barramundi Fillet VP	1/10 lb.	19–21	0 00 28029 17498 4

DIMENSION: (L x W x D) 15" L x 10" W x 6.25" D GROSS WEIGHT: 12 lb. CUBE: .54 TI HI: 12 x 8



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## HANDLING INSTRUCTIONS

Keep frozen until ready to thaw.

Thawing Instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

## COOKING INSTRUCTIONS

Remove all packaging.

Oven temperatures vary. Cook to an internal temperature of 145°F.

From thawed, allow 10 minutes of cooking time per inch of thickness at 350°F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

*We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.*

Nutrition Facts	
Serving Size 1 piece (170 g/6 oz)	
Amount Per Serving	
<b>Calories</b>	200
	Calories from Fat 70
	% Daily Value*
<b>Total Fat</b> 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 95mg	4%
<b>Potassium</b> 680mg	19%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 5g	20%
Sugars 0g	
<b>Protein</b> 29g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Barramundi. Contains Fish (Barramundi)