



IPM

Snapper

(Lutjanus sp.)

Snapper, commonly referred to as Red Snapper or Scarlet Snapper is great for seasoned, pan-seared cooking methods!



FEATURES/BENEFITS

- Skin-On and boneless, all natural fillets (no one-cuts).
- IPW (individually poly-wrapped) or vacuum packed.
- The meat is pinkish, with yellow tones, in a raw state, turning somewhat lighter when cooked.
- Mild-moderate flavor profile with medium-firm texture.
- Rich in Omega-3 fatty acids.

APPLICATIONS

Red snapper has a firm texture and a sweet, nutty flavor that lends itself well to everything from hot chilies to subtle herbs. This can be served as an entrée or in a delectable fish stew.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours.

COOKING SUGGESTIONS

BAKE OR BROIL: Season snapper fillets with lemon juice, basil and parsley. Bake or broil skin side down for 15-20 minutes at 400°F from frozen state or 8-10 minutes, if thawed.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 100, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 35mg, Sodium 95mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 21g.

COUNTRY OF ORIGIN: Varies



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