

SEA BASS

Scientific Name: *Dicentrarchus labrax*

Other common names: Branzino, Bar, Loup de Mer, Lubina,

Sea bass is a popular Mediterranean fish raised in the Greek crystal clear waters. Due to its delicate texture, its smooth white flesh and its mild, yet rich flavor, sea bass is highly praised by celebrity chefs worldwide. It is nutritious, a rich source of proteins, vitamins and Omega-3 fatty acids which contribute to maintaining a normal heart function, as part of a balanced diet and a healthy lifestyle. Grilling, baking or steaming are the most popular cooking methods for sea bass.

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	674,00	Total carbohydrates (g)	0,00
Calories (Kcal)	162,00	Salt (g)	0,12
Total fat (g)	8,80	Sodium (g)	0,05
Saturated fatty acids (g)	1,24	Ωmega 3 fatty acids (g)	1,73
Proteins (g)	20,80	EPA+DHA polyunsaturated fats (g)	1,14

FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
AUSTRIA
ENIG
NOV 2016



SIZES OF WHOLE ROUND SEA BASS

200/300gr

300/400gr

400/600gr

600/800gr

800/1000gr

1000/1500gr

1500+gr

PACKAGING FOR FRESH FISH

3 Kg Polystyrene boxes

6 Kg Polystyrene boxes

10 Kg Polystyrene boxes

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH WHOLE ROUND: 13 DAYS
FROM HARVEST DAY

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius

Product of Greece



905.856.6222 | 1.800.563.6222 | orders@seacore.ca | www.seacore.ca

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