

PAGRUS (COMMON SEA BREAM)

Scientific Name: *Pagrus pagrus*

Other common names: Red Porgy, Pagro, Pargo, Pagre, Dorade

Pagrus is a renowned fish in the Mediterranean and the Atlantic Coast. It has a curved back, a chunky snout and a relatively wide mouth. Its back is reddish and its belly is silver-white. It has a mild, deliciously moist and sweet flavor with a tender snow white flesh. Pagrus is better served grilled, baked or barbecued.

NIREUS' Pagrus was characterized by the European jury members of iTQi as follows: "Aromas from the Mediterranean! Nice appearance, healthy smell, juicy texture, very tasty."

Product of Greece

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	682,00	Total carbohydrates (g)	0,00
Calories (Kcal)	164,00	Salt (g)	0,18
Total fat (g)	9,40	Sodium (g)	0,07
Saturated fatty acids (g)	1,74	Ωmega 3 fatty acids (g)	2,13
Proteins (g)	19,90	EPA+DHA polyunsaturated fats (g)	1,59



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

FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
AUSTRIA
ENIG
MAY 2016



SIZES OF WHOLE ROUND PAGRUS

300/600gr

600/1000gr

1000/1500gr

1500gr+

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

