



www.cport.net

Kingfish

Scomberomorus commerson

Spanish Mackerel



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM™



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



For full package details, visit our website.

Kingfish (also called Spanish mackerel) has been called the most flavorful of all mackerel. Its meat is darker off white in color and is used in a wide variety of food preparations ranging from sushi/sashimi to grilling and broiling. Kingfish meat is moderately firm and lean. It is also high in omega-3 fatty acids. For Health & Nutrition benefits go to: www.cport.net

Product Presentation	Steaks	Whole Head On Gutted
Size	4/6, 6/8, 8/10, 10/12 & 12/14 oz	5/10, 10/15, 15/25 & 25/Up LB
Pack	1/10 LB IVP	1/60 LB IWP

SEASONALITY <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	FLAVOR Mild <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Strong <input type="checkbox"/> Sweet	TEXTURE Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION



Easy Grilled Kingfish

INGREDIENTS:

- 2 pounds Kingfish Steaks
- 1 cup Italian-style salad dressing

DIRECTIONS:

Two to twelve hours before fish is to be cooked cover fish with salad dressing. Heat a grill to medium heat. Remove fish from marinade and place on grill. Cook until meat is tender and flaky, about 20 minutes.

Preparation time: 30 min Serves 4

<http://allrecipes.com/recipe/grilled-kingfish/>

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 139	Calories from Fat 57
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 76mg	25%
Sodium 59mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 2%	Vitamin C 3%
Calcium 1%	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.

INGREDIENTS: Kingfish.

METHOD OF HARVEST: Wild Harvest Trawl, Drift Gillnets
COUNTRY OF ORIGIN(S): China, Taiwan, India, Indonesia, FAO 61, 71, 57

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