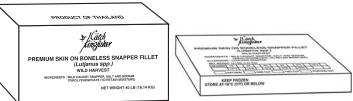


GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



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.



Product Presentation	Whole, Cleaned & Scaled	Fillet Skin On		
Size, lb/piece	.5/1, 1/2 & 2/3 l b	2/4 - 24/28 oz		
Pack	1/22 LB IWP	4/10 LB IWP		

For full package details, visit our website.

Snapper adapts well to any style of cooking method and has a sweet mild taste. For Health & Nutrition benefits go to: www.cport.net

ASO	NAL	ITY.						Lov	/	High	FLAVOR				TEXTURE	
Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Mild	Medium	Strong	Sweet	Soft	Medium

For more detailed seasonality, visit our website

RECIPE SUGGESTION



Baked Snapper

INGREDIENTS:

- 1/4 cup Extra-Virgin Olive Oil
- 3 (1 1/2-pound) Whole Snappers, cleaned and scaled
- 1/3 cup Fresh Lemon Juice
- 1/4 cup Dry White Wine
- 11/2 teaspoons Coarse (Kosher) Salt
- teaspoon Ground White Pepper
- 2 bunches Fresh Thyme (Optional)

DIRECTIONS:

Heat oven to 375°F. Lightly oil a shallow roasting pan. With sharp knife, make 4 cuts through skin of each fish. Place snapper in oiled pan. Drizzle, inside and out, with lemon juice, oil, and wine. Sprinkle with salt and pepper. Bake seasoned fish until cooked through -- about 25 minutes total, or 10 minutes per each inch thickness. To serve, transfer fish to serving platter. Garnish with thyme, if desired. Serve immediately.

Preparation and cooking time: 30 mins Serves 6

http://www.countryliving.com/recipefinder/baked-red-snapper-3442

METHOD OF HARVEST: Wild Harvest; Longline, Handline COUNTRY OF ORIGIN(S): Thailand, Indonesia, FAO 57 & 71

WEST COAST

131 7th Avenue, West, Kirkland, WA 98033 ph: (425) 827-2800 fx: (425) 827-7125

EAST COAST

ph: (732) 826-9400 fx: 732.826.8195

% Daily	Value
Total Fat 1g	2%
Saturated Fat 0g	19
Trans Fat 0g	

SNAPPER FILLETS

Cholesterol 37ma Total Carbohydrate 0g Dietary Fiber 0g

Sugars 0g

Vitamin A 2%	 Vitamin C
Calcium 3%	• Iron 1%

INGREDIENTS: Snapper, Water Sodium Tripolyphosphates, Salt.

SNAPPER GGS

Nutrition Facts Nutrition Facts

Calories 100 Calories from Fat 12

Total Fat 2g Saturated Fat 0g

Cholesterol 60ma Total Carbohydrate 0g

Dietary Fiber 0g

Calcium 4% Iron 4%

INGREDIENTS: Snapper.



Visit our website for more information on this item