



www.cport.net

SNAPPER *Lutjanus spp.*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

SNAPPERS AND GROUPERS



Indonesia

Catch Our Wave® to Sustainability

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 lb	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



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
- 1 1/2 teaspoons Coarse (Kosher) Salt
- 1 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>

SNAPPER FILLETS

Nutrition Facts

Serving Size 100g

Amount Per Serving	
Calories 100	Calories from Fat 12
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 37mg	12%
Sodium 64mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	

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

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Snapper, Water Sodium Tripolyphosphates, Salt.

SNAPPER GGS

Nutrition Facts

Serving Size 4 oz Raw (113g)

Amount Per Serving	
Calories 106	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Snapper.

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

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