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# TOBIKO

*Cypselurus Poecilopterus*  
Flying Fish Roe



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



FLYING FISH ROE

Taiwan

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/](http://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 Specifications

Product	Orange, Green Black & Red
Pack	12/1.1 LB Tub

For full package details, visit our website.

Flying Fish Roe is very nutritious and tasty. It is traditionally used in sushi and sashimi preparations. However, it can also be used as a colorful garnish and as an ingredient in various side dishes.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



Visit our website for more information on this item



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### California Salmon Rolls with Tobiko

#### INGREDIENTS:

- 2 cups Japanese sushi rice
- 6 sheets nori (dry seaweed)
- 1/3 cup sesame seeds, toasted
- 1 avocado, peeled, pitted and sliced
- 1 cucumber, peeled, seeded and sliced
- 8 ounces smoked salmon, cut into long strips
- 4 oz cream cheese
- Sea Port flying fish roe
- Pickled ginger, Wasabi and Soy sauce for serving

#### DIRECTIONS:

Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about 1/2 cup of the rice evenly onto the nori. Sprinkle the rice with sesame seeds. Turn the sheet of nori over so that the rice side is down. Place 1/8 of the cucumber, avocado, salmon and cream cheese in the center of the sheet. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll it into a tight cylinder, using the mat to shape the cylinder. Pull away the mat and set aside. Cover with a damp cloth. Repeat until all of the rice has been used. Roll California Rolls in flying fish roe. Cut each roll into 6 pieces. Serve with pickled ginger, wasabi and soy sauce.

Preparation time: 2 hrs Serves 8 appetizer

<http://www.foodnetwork.com/recipes/alton-brown/california-roll-recipe/index.html>

**METHOD OF HARVEST: Wild Harvest**  
**COUNTRY OF ORIGIN(S): Taiwan**

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#### BLACK TOBIKO

### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value

Total Fat 6g 11%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 355mg 118%

Sodium 450mg 19%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Sugars 4g

Protein 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

INGREDIENTS: Flying Fish Roe, Sugar, Salt, D-Sorbitol FD&C Yellow No.5 (Tartrazine), FD&C Blue No.1 (Brilliant Blue FCF), FD&C Red No.40 (Allura Red)

#### ORANGE TOBIKO

### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

Calories 150 Calories from Fat 55

% Daily Value

Total Fat 6g 11%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 355mg 118%

Sodium 230mg 10%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 3g

Protein 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

INGREDIENTS: Flying Fish Roe, Sugar, Salt, Vinegar, Bonito Powder, FD&C Yellow No.6 (Sunset Yellow FCF), FD&C Red No.40 (Allura Red)

#### GREEN WASABI FLAVORED

### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

Calories 150 Calories from Fat 55

% Daily Value

Total Fat 6g 11%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 355mg 118%

Sodium 180mg 8%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 4g

Protein 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

INGREDIENTS: Flying Fish Roe, Sugar, Salt, Maltose, Soy Sauce (Soybean, Wheat, Sugar, Salt, Water), Wasabi, Bonito Powder, FD&C Yellow No.6 (Sunset Yellow FCF), FD&C Yellow No.5 (Tartrazine), FD&C Blue No.1 (Brilliant Blue FCF)

#### RED TOBIKO

### Nutrition Facts

Serving Size (100g)  
Servings Per Container 5

Amount Per Serving

Calories 150 Calories from Fat 50

% Daily Value

Total Fat 6g 11%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 355mg 118%

Sodium 190mg 8%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 4g

Protein 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

INGREDIENTS: Flying Fish Roe, Sugar, Salt, Fructose, FD&C Red No.40 (Allura Red)