PORTICO SEAFOOD
Classic

FLOUNDER



Good things come from Sysco®

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PORTICO Classic Flounder is a tender whitefish with a mild flavor and excellent flake. Perfect for frying or encorporating a sauce - Flounder can accent every meal perfectly.

SPECIES INFORMATION



Flounder are a group of flatfish demersal fish found at the bottom of oceans all around the world. As an adult, a flounder changes its habits and camouflages itself by lying on the bottom of the ocean floor as protection against predators. As a result, the eyes are then on the side which faces up.

Nutrition Facts

Serving Size 4 oz (113 g)
Servings Per Container 40

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Cholesterol 55mg	**18%**
Sodium 90mg	**4%**
Potassium 410mg	**12%**
Total Carbohydrate 0g	**0%**
Protein 21g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 2%

Not a significant source of saturated fat, trans fat, dietary fiber and sugars.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MENU IDEAS

- Baja Fish Tacos served with Black Beans and Lime
- Panko Baked Flounder with Asparagus and Waffle Fries
- Pan-fried Lemon Pepper Flounder with Grilled Vegetables

FEATURES AND BENEFITS

- Premium Raw Materials
- Specific Species
- Consistent Sizing
- Lower Moisture
- Versatile Protein
- Processed Under Strict Supervision

HANDLING

Thaw under refrigeration. Rinse with water and dry with a paper towel

COOKING INSTRUCTIONS

Fry, Bake, Steam, Sautee

Sole & Flounder flesh is lean, creamy white and offers a very thin fillet. When cooked the flesh is flakey and has a mild flavor.

Target Applications	Target Market
Center of Plate	South Eastern USA
Buffet	
Staff Meal Solutions	

SUPC	PACK/SIZE	BRAND	DESCRIPTION
0260634	IQF/1x10	Classic	FLOUNDER FILLET 3-5OZ SK/OFF