

## IMPORTED FIN FISH – SWORDFISH



**PETERPAN**  
SEAFOODS, INC.

# IMPORTED FIN FISH SWORDFISH

(Xiphias gladius)

## BUYER'S INFORMATION

Swordfish is a non-schooling fish that roams temperate and tropical seas worldwide. This fish can grow to over 1,000 lbs. but traditionally are caught when they average 50 to 200 lbs.

Swordfish is moist and flavorful with a slightly distinctive sweet taste. The steaks have a moderately high oil content, leading to a firm, meaty texture. The flesh color can vary from white and ivory to a light pink or orange. These color variations do not depict a lesser quality as much as they indicate the fish's diet. Regardless of the color in a thawed state, all swordfish turn a light beige color after cooking.

Peter Pan Seafoods cut their steaks from once frozen 20/40 lb. loins with an aggressive belly flap trim to ensure the preferred "quarter cut" steak shape with a reduced bloodline exposure.

## FORMS

4, 6, 8 and 10 oz. Boneless / Skin on Steaks

## NUTRITION

Serving Size:	4 oz. raw (113g)
Calories:	160
Calories from Fat:	40
Protein:	22 g
Total Fat:	7.5 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	75 mg
Sodium:	90 mg
Total Carbohydrates:	0 g
Dietary Fiber/Sugars:	0 g
Omega 3 Fatty Acids:	0.7 g

## SPECIFICATIONS

Size	Package	Carton	Avg. Pieces per Case
4 oz. (Twin Pack)	Vac Pac	1/10 lb.	39-42
6 oz. (Single Pack)	Vac Pac	1/10 lb.	24-28
8 oz. (Single Pack)	Vac Pac	1/10 lb.	19-23
10 oz. (Single Pack)	Vac Pac	1/10 lb.	15-19

## DIMENSIONS

Product Description	Package Size	Net Weight	Gross Weight	Pallet Count	Pattern	Dimensions L" x W" x H"	Cube
All Steaks	1/10 lb.	10 lbs.	12 lbs.	126	18 x 7	11.55" x 8.50" x 7.05"	0.40



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