



# FLOUNDER



With its elegant flavor and texture, flounder is a favorite seafood worldwide. The delicate character of this fish makes it shine in the simplest of recipes. Mild citrus or cream sauces bring out the clean accents of these fillets. The thinness of the fish makes it a quick fixing selection. It also allows creativity with rolled and stuffed flounder preparations.





▶ **PRODUCT FORMS**



**Skinless/Boneless Fillet**  
1-3, 3-5, 5-8, 8-up oz



**Skin-on/Boneless Fillet (meat side)**  
1-3, 3-5, 5-8, 8-up oz



**Skin-on/Boneless Fillet (skin side)**

▶ **COOKING METHODS & APPLICATIONS**

**Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying**  
• Poaching • Steaming • Braising • Stewing

- Excellent in chowders, stews & soups
- Superb when sautéed or battered
- Gourmet appeal
- Ideal for stuffed or rolled recipes

▶ **SELLING POINTS**

- Wide popularity
- Delicate texture, fine flake
- So mild that it appeals to “timid” seafood diners
- Wealth of recipes and cooking approaches
- Wild caught, all natural & 100% chemical free
- Exceptionally lean and healthy with only 1.5grams of fat per 4oz serving

**FLOUNDER**



**Nutrition Facts**

Serving Size 4 oz (113g/about 2 fillets)  
Servings Per Container 3

Amount Per Serving  
Calories 100 Calories from Fat 15  
% Daily Value\*

<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	55mg	<b>18%</b>
<b>Sodium</b>	95mg	<b>4%</b>
<b>Total Carbohydrate</b>	0g	<b>0%</b>
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	21g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 2%		

\*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 45g 60g
Sat Fat	Less than 30g 35g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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





### ▶ HARVEST MAP



**Flounder - Sole**  
*Limanda aspera*  
Season: Nov - Aug

- Harvesting areas
- Processing Centers



### ▶ FISHING METHOD

The most common method of fishing, **trawling** is simply described as towing a net through the water. A trawl net is funnel-shaped and can harvest bottom-dwelling fish when dragged along the ocean floor.



### ▶ FISHERIES MANAGEMENT

Limited participation fishery. Fishing is actively managed with total allowable catch (TAC) and by-catch tightly monitored. TAC is revised yearly based upon the actual catch totals and biomass computer models. Individual vessels in the Bering Sea fishery have by-catch levels specific to their vessel. The result is lower overall by-catch levels compared to prior years. Alaska flounder have been named as a sustainable resource by many NGO's including the Marine Stewardship Council, Global Trust and the Monterey Bay Aquarium to name a few.

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