



# SINBAD Platinum ROCKFISH

Value Added • Premium Quality • Natural • Produced in North America

**SINBAD Platinum** products are **ADDITIVE FREE, 100% NATURALLY PRESERVED** with a light water surface glazing and are **PRODUCED IN NORTH AMERICA**.



# ROCKFISH



## SPECIES INFORMATION



The Rockfish family comprises of a wide variety of species. In general, Rockfish living at the deeper depths tend to be brighter in color. Rockfish have large mouths and eyes, spines on their head and prominent fins. This species grows to be about 40cm long.

### Nutrition Facts

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

#### Amount Per Serving

**Calories** 110    **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g    **3%**

**Cholesterol** 45mg    **15%**

**Sodium** 90mg    **4%**

**Potassium** 304mg    **9%**

**Total Carbohydrate** 0g    **0%**

**Protein** 21g

**Vitamin A** 0%    •    **Vitamin C** 0%

**Calcium** 10%    •    **Iron** 6%

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:

		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

SINBAD Platinum Rockfish is a popular whitefish with a mild flavor. It's versatility to respond to various cooking methods makes it a great choice in many markets.

## MENU IDEAS

- Crispy Rockfish Taco with Chipotle Mayo, Salsa Fresca and cabbage
- Rockfish with Tomatoes, Capers, Lemon, Artichokes and Fennel
- Russet-wrapped Rockfish with Daikon Radishes and Horseradish Cream Sauce

## FEATURES AND BENEFITS

- Premium Raw Materials
- Single Frozen
- Chemical Free
- Consistent Sizing & Quality
- Versatile Protein

## HANDLING

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

## COOKING INSTRUCTIONS

### Broil, Fry, Bake, Steam, Sautee

The white meat of Rockfish is firm in texture and low in fat, with a mild, sweet flavor. Rockfish is excellent baked, broiled, poached or sauteed.

Target Applications	Target Market
Center of Plate	ALL Markets
Buffet	
Staff Meal Solutions	