

# IQF, All Natural Japanese Sea Scallops



**Latin Name:** Mizuhopecten Yessoensis

**Country of Origin:** Japan

**Method of Harvest:** Wild Caught/Dredge/Lantern Net

**Season:** Year-round

**Brand:** Eastern Brand

**Storage Temp:** -0° F (-18° C)

**Frozen Shelf Life:** 18 months

**Size Ranges:** U/10, 10/20, 20/30, 30/40

**Ingredients:** Scallops

**Contains:** Shellfish (scallops)

**Moisture Content:** 83%

**Key Selling Points:**

- MSC Certified
- Uniformed Sizing
- Low in Fat
- Versatile Cooking Applications

**FLAVOR PROFILE**



**TEXTURE**



**COOKING SUGGESTIONS:**

Broil or sauté scallops until they are firm and opaque in center, approximately 5 minutes.

**Thawing:** Place scallops in a container and thaw in refrigerator for 8 hours; temperature should not exceed 45° F. For quick thaw place scallops in a colander and rinse under cold water for 10 to 15 minutes, rotate for even thawing.

**Safe Handling:** Keep frozen. Do not refreeze once thawed. The FDA recommends cooking seafood to an internal temperature of 145° for 15 seconds.

**Nutrition Facts**

Serving Size: 4oz. (112g)

Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	15%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Calcium 0%
Vitamin C 0%	Iron 0%



\*Percent Daily Values are based on a 2,000 calorie diet.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
2 x 5 lb.	10 lbs.	13.375 x 9.625 x 5.875	.44	14/7	98
12 x 1 lb.	12 lbs.	13.375 x 9.625 x 5.875	.44	14/7	98
1 x 10 kg.	20 lbs.	15.5625 x 11.5 x 7	.72	10/8	80
10 x 1 kg.	20 lbs.	15.5625 x 11.5 x 7	.72	10/8	80
6 x 5 lb.	30 lbs.	14.75 x 10.5 x 10.875	.97	10/5	50

Additional Pack Sizes Available.



**Eastern Fisheries, Inc.**

New Bedford, MA • [www.easternfisheries.com](http://www.easternfisheries.com)