

EAST COAST SEAFOOD
COMPANY

Japanese Hokkaido Scallops 24oz

北海道

帆立

EAST COAST
SEAFOOD



SERVING SUGGESTION
ENLARGED TO SHOW TEXTURE

JAPANESE HOKKAIDO

SCALLOPS

INDIVIDUALLY QUICK FROZEN | RAW

KEEP FROZEN | COOK THOROUGHLY | NET WT 2 LB (907G)

Product Code: 42430	Inner Unit Dimensions: 8.125" x 12.625" x 1.625"
Net Weight: 24oz	Master Case Dimensions: 19.75" x 15.25" 10.75"
Master Case Pack: 16	T x H: 6x4
UPC 12 Digit: 671718424305	Storage Instructions: Keep Frozen
GTIN 14 Digit: 70671718424304	Shelf Life: 24 months from date of manufacture
Code Date Format: MM-DD-YYYY	

Cooking Instructions

In a saucepan heat butter and garlic slowly. Discard garlic. Add the scallops and cook 3-4 minutes on one side. Flip the scallops and cook for another 2-3 minutes, until internal temperature of 145°F is achieved. remove from pan and season with salt and pepper and serve immediately with lemon. Enjoy!

Nutrition Facts	
4 servings per container	
Serving size	4 oz (1/2 cup)
	(112g)
Amount per serving	
Calories	80
	<small>% Daily Value*</small>
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g of Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 386mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice</small>	

INGREDIENTS: Scallops

CONTAINS: Molluscan Shellfish (Scallops)