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## Yellowfin Tuna

Tuna is one of the most widely recognized and accepted fish items in the United States. It is fished all over the world, but here at Harbor Seafood we only import from fisheries we know are being properly managed. The only species we pack in our brands is yellowfin, due to its availability and traceability. Tuna is extremely versatile and can be customized to various cuisines. Its firm texture holds up well to pan searing and grilling, and it is widely used in Asian cuisines.



## Nutrition Facts

Serving Size 4 oz/ 113g

Amount Per Serving

Calories 120 Calories from Fat 0

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 28g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

Vitamin D 0% • Vitamin E 0%

Vitamin K 0% • Thiamin 8%

Riboflavin 8% • Niacin 100%

Vitamin B-6 50% • Folate 0%

Vitamin B-12 40% • Pantothenic Acid 4%

Phosphorus 30% • Magnesium 10%

Zinc 2% • Selenium 150%

Copper 2% • Manganese 0%

\* 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Features and Benefits:

Harbor Seafood yellowfin tuna is AA quality, or better, coming from the waters of Indonesia. The product is CO treated to maintain its ruby color. Our product is bandsaw cut from fresh loins to ensure clean and uniform cuts. The cases are UPC coded and the steaks are individually vacuum packed (IVP). This product is designed for chefs who are looking for a high quality, safe, and consistent menu item that helps reduce labor costs. We offer 4 oz, 6 oz, 8 oz, and 10 oz Steaks, Saku Blocks AA or AAA, Loins, Loin Ends, Ground, Poke, and Medallions.

### Menu Ideas:

The menu ideas are endless with Harbor Seafood yellowfin tuna. Grill it with Tuscan herbs, make a burger or sandwich, top a salad, or jump on the taco trend. Whatever you choose to create, Harbor Seafood yellowfin tuna will not disappoint.

### Handling:

Keep frozen at 0°F (-18°C). Important: Remove product from packaging and thaw under refrigeration immediately prior to use.

#### Loins 3-5 lb

Item No. 614979  
GTIN 10049029000629

#### Loins 5-8 lb

Item No. 614980  
GTIN 10049029000278

#### Loins 8-12 lb

Item No. 614981  
GTIN 10049029000285

#### Ground

Item No. 615018  
GTIN 10049029001206

#### Medallions

Item No. 614800  
GTIN 10049029002807

#### Poke

Item No. 615022  
GTIN 10049029002258

#### Loin Ends 8-10 oz

Item No. 615026  
GTIN 10049029000582

#### Loin Ends 10-12 oz

Item No. 615028  
GTIN 10049029000599

#### Loin Ends 12-16 oz

Item No. 615030  
GTIN 10049029000605

#### Saku AA

Item No. 614973  
GTIN 10049029000292

#### Saku AAA

Item No. 614974  
GTIN 10049029001251

#### Steaks 4 oz

Item No. 614850  
GTIN 10049029000230

#### Steaks 6 oz

Item No. 614852  
GTIN 10049029000254

#### Steaks 8 oz

Item No. 614854  
GTIN 10049029000247

#### Steaks 10 oz

Item No. 614856  
GTIN 10049029000261

Product Description	Loins	Ground, Medallions, Poke	Loin End, Saku, Steaks
<b>Pack Size</b>	1 x 30	10 x 1	1 x 10
<b>Master Case Net Weight</b>	30 lb	10 lb	10 lb
<b>Master Case Gross Weight</b>	32 lb	12 lb	12 lb
<b>Case Dimensions &amp; Case Cube</b>	24"L x 12"W x 7"H • 1.167	13.5"L x 10"W x 6"H • 0.469	13.5"L x 10"W x 6"H • 0.469
<b>Pallet Ti x Hi</b>	6 x 9	14 x 11	14 x 11
<b>Method of Catch</b>	Wild Caught	Wild Caught	Wild Caught
<b>Storage</b>	Keep Frozen 0°F (-18°C)	Keep Frozen 0°F (-18°C)	Keep Frozen 0°F (-18°C)
<b>Shelf Life</b>	24 months	24 months	24 months
<b>Species</b>	<i>Thunnus albacares</i>	<i>Thunnus albacares</i>	<i>Thunnus albacares</i>
<b>Country of Origin</b>	Indonesia	Indonesia	Indonesia