

# Seafood Doctor, Inc.

## 1-2 lb Indonesia Octopus Frozen Raw All Natural IQF Yucatan Type

Mfr #: 12octopus  
GTIN: 00819357014406  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code: 819357014406  
Description: 1-2LB INDONESIA OCTOPUS RAW ALL NATURAL FROZEN IQF

### Product Information

Classification#: Mollusk - Prepared/Processed (Frozen)  
Dimensions (HxWxD): 50 x 31 x 19 cm  
Weight Net / Gross LBS: 30 / 32  
Weight Net / Gross KGS: 13.6 / 15.52  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48  
Pallet Configuration: TI: 6 / HI: 8  
Servings Per Case: About 160  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: Indonesia  
Catch: Wild Caught  
Species: *Octopus vulgaris*



### Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 160 servings per box  
**Serving size 3 oz (85g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat <1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 41mg	<b>14%</b>
<b>Sodium</b> 196mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 13g	
Vitamin D 0mg	0%
Calcium 45mg	5%
Iron 5mg	25%
Potassium 298mg	9%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Octopus

Allergen: Octopus



## Cooking Instructions

**Thawing** - Place Octopus in the refrigerator overnight. For quick thawing, submerge octopus in cold running water until completely thawed. Do not thaw Octopus at room temperature.

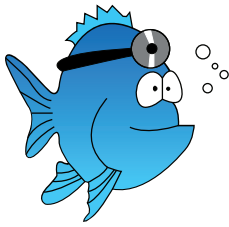
**Preparation** - Fill a pot up with 2/3 of water and bring to a boil. Wash thawed Octopus before placing into pot. Bring pot back to a boil. Cover the pot and reduce to medium heat for 20 minutes. Check tenderness with a fork. Once done, let it rest in the water for 5 to 10 minutes. Remove beak and serve.

\*Cook no more than 20 minutes for 1-2 lb Octopus!

PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F

## Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW. DESIGNED TO COOK FROM FROZEN.



# Seafood Doctor, Inc.

## 2/4 lb Indonesia Octopus Frozen Raw All Natural IQF Yucatan Type

Mfr #: 24octopus  
GTIN: 00819357014413  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code: 819357014413  
Description: 2/4LB INDONESIA OCTOPUS RAW ALL NATURAL FROZEN IQF

### Product Information

Classification#: Mollusk - Prepared/Processed (Frozen)  
Dimensions (HxWxD): 50 x 31 x 19 cm  
Weight Net / Gross LBS: 30 / 32  
Weight Net / Gross KGS: 13.6 / 15.52  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 49  
Pallet Configuration: TI: 6 / HI: 8  
Servings Per Case: About 160  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: Indonesia  
Catch: Wild Caught  
Species: *Octopus vulgaris*

### Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 160 servings per box  
**Serving size 3 oz (85g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat <1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 41mg	<b>14%</b>
<b>Sodium</b> 196mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 13g	
Vitamin D 0mg	0%
Calcium 45mg	5%
Iron 5mg	25%
Potassium 298mg	9%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Octopus

Allergen: Octopus



## Cooking Instructions

**Thawing** - Place Octopus in the refrigerator overnight. For quick thawing, submerge octopus in cold running water until completely thawed. Do not thaw Octopus at room temperature.

**Preparation** - Fill a pot up with 2/3 of water and bring to a boil. Wash thawed Octopus before placing into pot. Bring pot back to a boil. Cover the pot and reduce to medium heat for 30 minutes. Check tenderness with a fork. Once done, let it rest in the water for 5 to 10 minutes. Remove beak and serve.

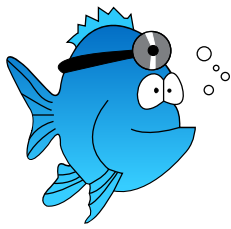
\*Cook no more than 30 minutes for 2/4 lb Octopus!

PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F

## Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW. DESIGNED TO COOK FROM FROZEN.





# Seafood Doctor, Inc.

## 4/6 lb Indonesia Octopus Frozen Raw All Natural IQF Yucatan Type

Mfr #: 46octopus  
GTIN: 00819357014420  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code: 819357014420  
Description: 4/6LB INDONESIA OCTOPUS RAW ALL NATURAL FROZEN IQF

### Product Information

Classification#: Mollusk - Prepared/Processed (Frozen)  
Dimensions (HxWxD): 50 x 31 x 19 cm  
Weight Net / Gross LBS: 30 / 32  
Weight Net / Gross KGS: 13.6 / 15.52  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48  
Pallet Configuration: TI: 6 / HI: 8  
Servings Per Case: About 160  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: Indonesia  
Catch: Wild Caught  
Species: *Octopus vulgaris*

### Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 160 servings per box  
**Serving size 3 oz (85g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat <1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 41mg	<b>14%</b>
<b>Sodium</b> 196mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 13g	
Vitamin D 0mg	0%
Calcium 45mg	5%
Iron 5mg	25%
Potassium 298mg	9%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Octopus

Allergen: Octopus



## Cooking Instructions

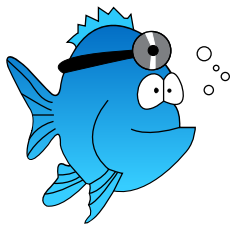
**Thawing** - Place Octopus in the refrigerator overnight. For quick thawing, submerge octopus in cold running water until completely thawed. Do not thaw Octopus at room temperature.

**Preparation** - Fill a pot up with 2/3 of water and bring to a boil. Wash thawed Octopus before placing into pot. Bring pot back to a boil. Cover the pot and reduce to medium heat for 30 to 45 minutes. Check tenderness with a fork. Once done, let it rest in the water for 5 to 10 minutes. Remove beak and serve.

PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F

## Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW. DESIGNED TO COOK FROM FROZEN.



# Seafood Doctor, Inc.

## 6/8 lb Indonesia Octopus Frozen Raw All Natural IQF Yucatan Type

Mfr #: 68octopus  
GTIN: 00819357014437  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code: 819357014437  
Description: 6/8LB INDONESIA OCTOPUS RAW ALL NATURAL FROZEN IQF

### Product Information

Classification#: Mollusk - Prepared/Processed (Frozen)  
Dimensions (HxWxD): 50 x 31 x 19 cm  
Weight Net / Gross LBS: 30 / 32  
Weight Net / Gross KGS: 13.6 / 15.52  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48  
Pallet Configuration: TI: 6 / HI: 8  
Servings Per Case: About 160  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: Indonesia  
Catch: Wild Caught  
Species: *Octopus vulgaris*

### Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 160 servings per box  
**Serving size 3 oz (85g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat <1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 41mg	<b>14%</b>
<b>Sodium</b> 196mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 13g	
Vitamin D 0mg	0%
Calcium 45mg	5%
Iron 5mg	25%
Potassium 298mg	9%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Octopus

Allergen: Octopus



## Cooking Instructions

**Thawing** - Place Octopus in the refrigerator overnight. For quick thawing, submerge octopus in cold running water until completely thawed. Do not thaw Octopus at room temperature.

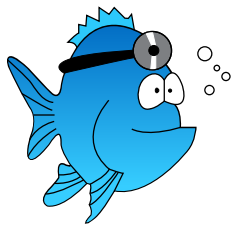
**Preparation** - Fill a pot up with 2/3 of water and bring to a boil. Wash thawed Octopus before placing into pot. Bring pot back to a boil. Cover the pot and reduce to medium heat for 30 to 45 minutes. Check tenderness with a fork. Once done, let it rest in the water for 5 to 10 minutes. Remove beak and serve.

PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F

## Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW. DESIGNED TO COOK FROM FROZEN.





# Seafood Doctor, Inc.

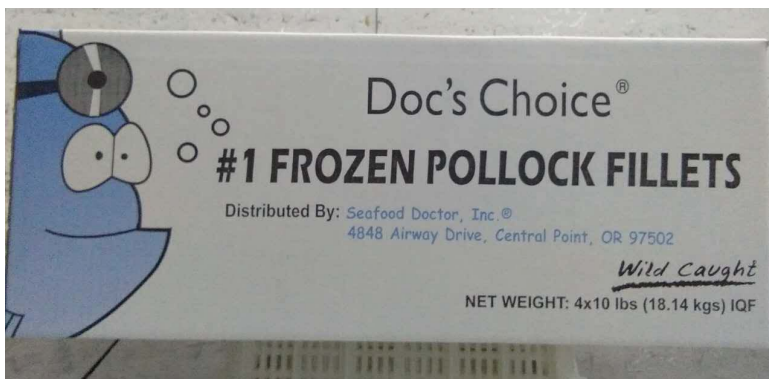
## 2/4 oz Frozen Raw Pollock Fillet

Dot #: N/A  
Mfr #: 24pol  
GTIN Outer: 00819357010125  
GTIN Inner: 00819357010132  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Outer: 819357010125  
UPC Code Inner: 819357010132  
Description: 2/4 OZ RAW POLLOCK FILLETS IQF FROZEN

## Product Information

Classification#: Fish - Processed (Frozen)  
Dimensions (HxWxD): 55 x 39.5 x 22 cm (volume: 47795 cm<sup>3</sup>)  
Weight Net / Gross LBS: 40 / 46  
Case Pack: 4 x 10 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 30  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Wild Caught  
Species: *Gadus chalcogramma*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

160 servings per container  
**Serving size 4 oz (113g)**

Amount per serving

**Calories 91**

% Daily Value\*

<b>Total Fat</b> <1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>28%</b>
<b>Sodium</b> 111mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mg	0%
Calcium 6mg	1%
Iron <1mg	1%
Potassium 365mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Pollock, Water, Sodium Tripolyphosphate.

**Allergen:** Pollock (Fish)



### Preparation:

**Defrosting** –Place fillet on a plate and put in refrigerator to thaw overnight. For a quicker method, place fillet in a bowl of cold water to remove the outer protective glaze and to unfreeze the fillet. Running fillet under cold water can damage the meat.

### Cooking Instructions:

**To Bake** –Pre-heat oven to 400°F. Place thawed fillet on a greased baking dish, brush with melted butter or oil and season to your preference. Bake on center rack for approximately 16 minutes at 400°F.

**To Broil** –Pre-heat broiler. Place thawed fillet on greased broiler pan and brush with melted butter or oil and season to your preference. Cook 4-6 inches from heat for approximately 6 minutes depending on thickness.

**To Fry** –Pre-heat 3 table spoons of cooking oil in skillet on medium heat. Dip thawed fillet in seasoned flour/corn meal. Cook 3 to 5 minutes per side.

**To Microwave** –Place fillet, seasoned to your preference, in the microwave safe dish brush with oil or butter then cover. Cook on high for 2 to 3 minutes. Checking half way thru. Let stand 1 minute before serving.

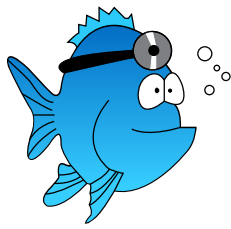
\*(Stoves and microwaves can vary in temperature and fish fillets may vary in thickness so checking prior to completion to see that fillets can be easily flaked with a fork to indicate that the fish is done.)

\***Precaution:** We strive to make this a fully boneless product, but as with any fish, sometimes bones may present themselves.

**PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



# Seafood Doctor, Inc.

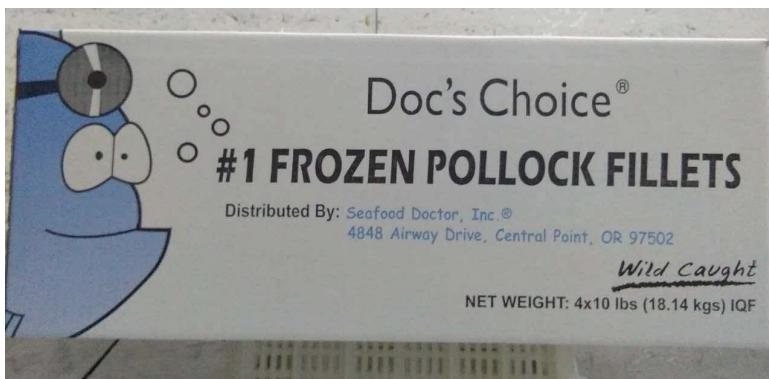
## 4/6 oz Frozen Raw Pollock Fillet

Dot #: N/A  
Mfr #: 46pol  
GTIN Outer: 00819357010149  
GTIN Inner: 00819357010156  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Outer: 819357010149  
UPC Code Inner: 819357010156  
Description: 4/6 OZ RAW POLLOCK FILLETS IQF FROZEN

## Product Information

Classification#: Fish - Processed (Frozen)  
Dimensions (HxWxD): 55 x 39.5 x 22 cm (volume: 47795 cm<sup>3</sup>)  
Weight Net / Gross LBS: 40 / 46  
Case Pack: 4 x 10 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 30  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Wild Caught  
Species: *Gadus chalcogramma*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

160 servings per container  
**Serving size 4 oz (113g)**

Amount per serving  
**Calories 91**

% Daily Value\*

<b>Total Fat</b> <1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>28%</b>
<b>Sodium</b> 111mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mg	0%
Calcium 6mg	1%
Iron <1mg	1%
Potassium 365mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Pollock, Water, Sodium Tripolyphosphate.

**Allergen:** Pollock (Fish)



### Preparation:

**Defrosting** –Place fillet on a plate and put in refrigerator to thaw overnight. For a quicker method, place fillet in a bowl of cold water to remove the outer protective glaze and to unfreeze the fillet. Running fillet under cold water can damage the meat.

### Cooking Instructions:

**To Bake** –Pre-heat oven to 400°F. Place thawed fillet on a greased baking dish, brush with melted butter or oil and season to your preference. Bake on center rack for approximately 16 minutes at 400°F.

**To Broil** –Pre-heat broiler. Place thawed fillet on greased broiler pan and brush with melted butter or oil and season to your preference. Cook 4-6 inches from heat for approximately 6 minutes depending on thickness.

**To Fry** –Pre-heat 3 table spoons of cooking oil in skillet on medium heat. Dip thawed fillet in seasoned flour/corn meal. Cook 3 to 5 minutes per side.

**To Microwave** –Place fillet, seasoned to your preference, in the microwave safe dish brush with oil or butter then cover. Cook on high for 2 to 3 minutes. Checking half way thru. Let stand 1 minute before serving.

\*(Stoves and microwaves can vary in temperature and fish fillets may vary in thickness so checking prior to completion to see that fillets can be easily flaked with a fork to indicate that the fish is done.)

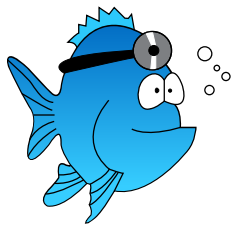
\***Precaution:** We strive to make this a fully boneless product, but as with any fish, sometimes bones may present themselves.

**PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 145°F**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

## U/10 Processed Sea Scallops

Dot #: N/A  
Mfr #: U10psjap  
GTIN Box: 00819357013300  
GTIN Bag: 00819357012495  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357013300  
UPC Code Bag: 819357012495  
Description: U/10 RAW PROCESSED SEA SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: Japan  
Catch: Farmed  
Species: *Patinopecten yessoensis*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 100**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
<b>Protein</b> 17g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	4%
Potassium 274mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sea Scallops, Water, Sodium Tripolyphosphate.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

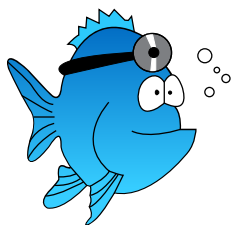
### Preparation:

Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



# Seafood Doctor, Inc.

## U/10 Processed Sea Scallops

Dot #: N/A  
Mfr #: U10psusa  
GTIN Box: 00819357013249  
GTIN Bag: 00819357012402  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357013249  
UPC Code Bag: 819357012402  
Description: U/10 RAW PROCESSED SEA SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: USA  
Catch: Wild  
Species: *Placopecten magellanicus*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 100**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
<b>Protein</b> 17g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	4%
Potassium 274mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sea Scallops, Water, Sodium Tripolyphosphate.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

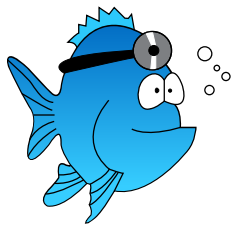
Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

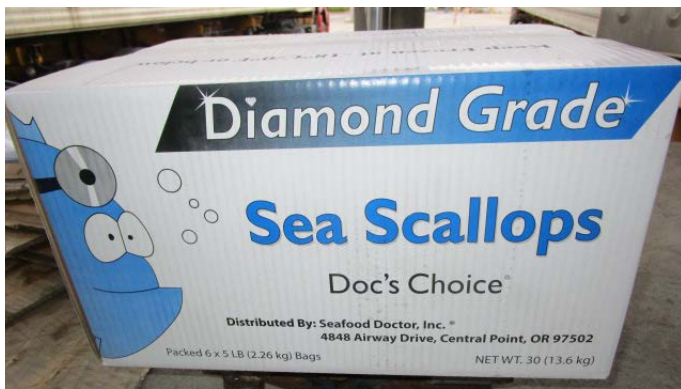
## 10/20 Processed Sea Scallops

Dot #: N/A  
Mfr #: 1020psusa  
GTIN Box: 00819357013232  
GTIN Bag: 00819357012419  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357013232  
UPC Code Bag: 819357012419  
Description: 10/20 RAW PROCESSED SEA SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: USA  
Catch: Wild  
Species: *Placopecten magellanicus*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 100**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
<b>Protein</b> 17g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	4%
Potassium 274mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sea Scallops, Water, Sodium Tripolyphosphate.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

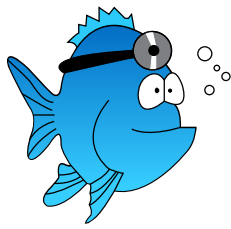
### Preparation:

Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



# Seafood Doctor, Inc.

## 20/30 Processed Sea Scallops

Dot #: N/A  
Mfr #: 2030psusa  
GTIN Box: 00819357013225  
GTIN Bag: 00819357012426  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357013225  
UPC Code Bag: 819357012426  
Description: 20/30 RAW PROCESSED SEA SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: USA  
Catch: Wild  
Species: *Placopecten magellanicus*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 100**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
<b>Protein</b> 17g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	4%
Potassium 274mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sea Scallops, Water, Sodium Tripolyphosphate.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

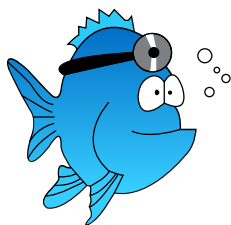
Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

## 30/40 Processed Bay Scallops

Dot #: N/A  
Mfr #: 3040pschina  
GTIN Box: 00819357011788  
GTIN Bag: 00819357011726  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357011788  
UPC Code Bag: 819357011726  
Description: 30/40 RAW PROCESSED BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container

**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Farm Raised Bay Scallops, Water, Sodium Tripolyphosphate.

**Allergen:** Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

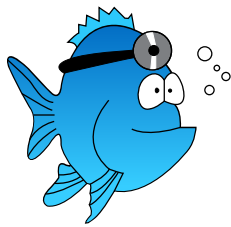
### Preparation:

Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



# Seafood Doctor, Inc.

## 40/60 Processed Bay Scallops

Dot #: N/A  
Mfr #: 4060pschina  
GTIN Box: 00819357011795  
GTIN Bag: 00819357011733  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357011795  
UPC Code Bag: 819357011733  
Description: 40/60 RAW PROCESSED BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container

**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Farm Raised Bay Scallops, Water, Sodium Tripolyphosphate.

**Allergen:** Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

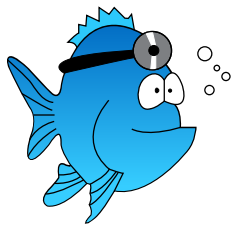
Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

## 60/80 Processed Bay Scallops

Dot #: N/A  
Mfr #: 6080pschina  
GTIN Box: 00819357011801  
GTIN Bag: 00819357011740  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357011801  
UPC Code Bag: 819357011740  
Description: 60/80 RAW PROCESSED BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container

**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Farm Raised Bay Scallops, Water, Sodium Tripolyphosphate.

**Allergen:** Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

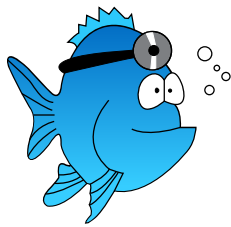
### Preparation:

Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



# Seafood Doctor, Inc.

## 80/120 Processed Bay Scallops

Dot #: N/A  
Mfr #: 80120pschina  
GTIN Box: 00819357011818  
GTIN Bag: 00819357011757  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357011818  
UPC Code Bag: 819357011757  
Description: 80/120 RAW PROCESSED BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - Processed (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container

**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

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

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 25mg **9%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

**Protein** 14g

Vitamin D 0mg 0%

Calcium 20mg 2%

Iron <1mg 2%

Potassium 230mg 5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Farm Raised Bay Scallops, Water, Sodium Tripolyphosphate.

**Allergen:** Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

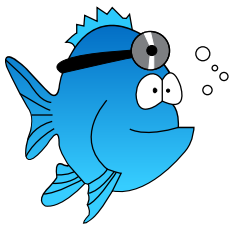
Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

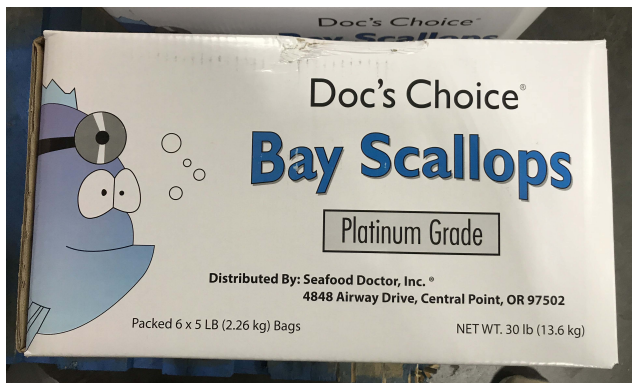
## 80/120 Dry Bay Scallops

Dot #: N/A  
Mfr #: 80120dschina  
GTIN Box: 00819357014369  
GTIN Bag: 00819357014321  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357014369  
UPC Code Bag: 819357014321  
Description: 80/120 RAW DRY BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Farm Raised Bay Scallops.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

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**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container

**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Farm Raised Bay Scallops.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

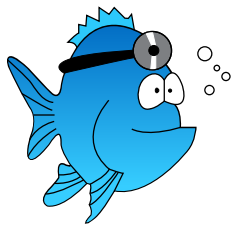
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**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.





# Seafood Doctor, Inc.

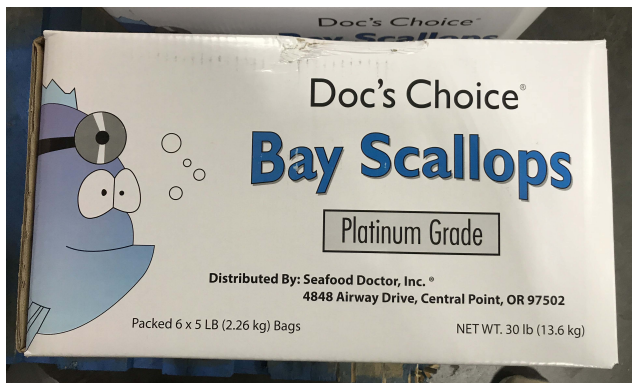
## 150/200 Dry Bay Scallops

Dot #: N/A  
Mfr #: 150200dschina  
GTIN Box: 00819357014383  
GTIN Bag: 00819357014345  
Brand: Doc's Choice®  
Supplier: Seafood Doctor, Inc.®  
UPC Code Box: 819357014383  
UPC Code Bag: 819357014345  
Description: 150/200 RAW DRY BAY SCALLOPS IQF FROZEN

## Product Information

Classification#: Scallops - (Frozen)  
Dimensions (HxWxD): 41 x 31 x 22.5 cm  
Weight Net / Gross LBS: 30 / 36  
Case Pack: 6 x 5 lbs  
Storage Temperature: 0°F / -18°C  
Cases Per Pallet: 48-50  
Shelf Life: 2 Yrs / 24 Months / 730 Days  
Origin: China  
Catch: Farmed  
Species: *Agropecten irradians*

## Images



## Nutrition, Allergen, and Ingredients

### Nutrition Facts

About 20 servings per container  
**Serving size 1/2 Cup (112g)**

Amount per serving

**Calories 70**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
<b>Protein</b> 14g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron <1mg	2%
Potassium 230mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Farm Raised Bay Scallops.

Allergen: Contains Shellfish



### Thawing:

Place desired quantity of scallops in container and thaw in refrigerator for 8 hours. For quicker thawing, place scallops in a colander and rinse under cold water for 5 to 7 minutes. Rotate scallops for even thawing.

### Preparation:

Scallops are easy to prepare and require little cook time. For optimum flavor, broil or sauté scallops for approx. 5 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid over-cooking scallops.

**KEEP FROZEN. DO NOT REFREEZE SCALLOPS ONCE THEY ARE THAWED**

### Storage

KEEP FROZEN AT 0°F/-18°C OR BELOW.