

REDSPOT EMPEROR

Also known as Nth West Snapper



NUTRITIONAL INFORMATION	
	per 100g raw product
Energy	Cal
Protein	g
Sodium	Mg
Fat -Total (oil)	0.5g
Cholesterol	16mg
Omega 3 EPA	12 mg
Omega 3 DHA	140 mg
Omega 6 AA	44 mg

LOCALITY: Caught in the warmer northern waters of both Australia and many South-East Asia countries, with the majority of fish coming from coastal reefs in the clear waters off the Indonesian coast.

TEXTURE/TASTE: One of the best eating fish, with a nice white flesh and soft texture. Mild in flavour they will suit all tastes.

COOKING: Well suited to most types of cooking. Important not to handle too much during cooking, being careful to not overcook. Well suited to Pan Frying or wrapping in foil and baking in the oven.

GENERAL: One of Australia's most sought after fish. Its mild flavour will have the whole family asking for more.

PROCESSED: To CODEX International Food Standards.