

NORTH WEST SNAPPER



NUTRITIONAL INFORMATION	
	per 100g raw product
Energy	90 cal
Protein	19.7g
Sodium	51mg
Fat -Total (oil)	0.4g
Cholesterol	19mg
Omega 3 EPA	12mg
Omega 3 DHA	97mg
Omega 6 AA	14mg

SPECIES: There are at least 11 different varieties of Snapper. Many are now sold under their species name, such as Spangled Emperor, Blue Spot Emperor, Rosy Job fish etc.

LOCALITY: A wild-caught saltwater fish, it is found in most waters surrounding Australia, usually found around reefs and deep holes, feeding on smaller fish and just about anything else they can find.

SIZE: North West Snapper is one of the smaller species of Snapper caught. Some Snappers can grown up to 1.2mtrs long. Most fillets are 150-200g and medium thickness, being the perfect plate size.

TEXTURE/TASTE: A firm texture with a larger flake, and creamy pink in colour with some fillets having a slight blood line. Snapper can have a distinctive taste that many people like.

COOKING: Being a slightly firmer and dryer fish it is best suited to frying, baking or BBQ.

GENERAL: One of the most sought after fish by customers, being well known.

For further information and recipes see westcoastseafood.com.au