

NUTRITIONAL FACTS

AUSTRALIS

3-lbs Premium Peruvian Dry Sea Scallops

Nutrition Facts		Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
12 servings per container		Total Fat 0.5g	1%	Total Carbohydrate 4g	1%
Serving size 4oz (113g)		Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Calories per serving 80		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
		Sodium 440mg	19%	Protein 14g	
		Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 232mg 4%			
		<small>*The % Daily Value 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.</small>			
		<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			

INGREDIENTS: Scallops
CONTAINS: Shellfish (Scallops)
Product of Peru

DISTRIBUTED BY:
Australis Aquaculture LLC
289 Main Street, 3F
Greenfield, MA 01301

KEEP FROZEN • DO NOT THAW AND REFREEZE
REMOVE FROM ALL PACKAGING BEFORE PREPARATION
COOK AND CONSUME WITHIN 24 HOURS OF THAWING
COOK TO AN INTERNAL TEMPERATURE OF 145°F

TO DEFROST: Remove scallops from package. Place in large dish or bowl, cover the top with plastic wrap, and leave in the refrigerator overnight. To thaw quickly, place scallops in a sealable plastic bag and submerge in cold tap water for 15 minutes.

TO COOK: Rinse and dry scallops. Season both sides with salt and pepper. Warm butter or oil in a large sauté pan on a medium-high setting. Gently add scallops, making sure they are not touching each other. Sear the scallop for 1½ minutes on each side. Cook scallops until they have a golden crust on both sides and centers turn just opaque. Serve with lemon wedge, chopped parsley and white wine.