

Hand-cut Sword Steaks



FROZEN SWORDFISH	
INGREDIENTS: Swordfish (<i>Xiphias gladius</i>) and carbon monoxide (added as a preservative to promote color retention)	
Nutrition Facts	
Serving per container : Varies	
Serving Size 4 oz Uncooked (113 g)	
Amount per serving	
Calories	163
% Daily Value*	
Total Fat 7.5g	12%
Saturated Fat 1.9g	8%
Trans Fat 0g	
Cholesterol 75 mg	24%
Sodium 92 mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 22g	
Vitamin D 15.7mcg	80%
Calcium 5.7mg	1%
Iron 0.43mg	4%
Potassium 473mg	12%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used for general nutrition advice.	

The logo is an oval emblem with a dark blue border. Inside the border, the words "ISLAND BRAND SEAFOOD IMPORTS" are written in white, uppercase, sans-serif font along the top arc. The words "GLOUCESTER, MASSACHUSETTS" are written in white, uppercase, sans-serif font along the bottom arc. Two white five-pointed stars are positioned on the left and right sides of the oval, separating the top and bottom text. In the center of the oval is a detailed illustration of a tuna fish, facing right. The fish has a silver body with a dark blue stripe running along its back and a yellow fin. Below the fish, the words "Island Brand" are written in a stylized, red, serif font. The word "Island" is larger and more prominent than "Brand".



Hand-cut Sword Loins



FROZEN SWORDFISH	
INGREDIENTS: Swordfish (<i>Xiphias gladius</i>) and carbon monoxide (added as a preservative to promote color retention)	
Nutrition Facts	
Serving per container : Varies	
Serving Size 4 oz Uncooked (113 g)	
Amount per serving	
Calories	163
	% Daily Value*
Total Fat 7.5g	12%
Saturated Fat 1.9g	8%
Trans Fat 0g	
Cholesterol 75 mg	24%
Sodium 92 mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 22g	
Vitamin D 15.7mcg	80%
Calcium 5.7mg	1%
Iron 0.43mg	4%
Potassium 473mg	12%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used for general nutrition advice.	

The logo is an oval emblem. The top arc contains the text "ISLAND BRAND SEAFOOD IMPORTS" in white, uppercase letters on a dark blue background. The bottom arc contains the text "GLOUCESTER, MASSACHUSETTS" in white, uppercase letters on a dark blue background. In the center is a detailed illustration of a tuna fish, facing right, with a white body, blue stripes, and yellow fins. Below the fish, the words "Island Brand" are written in a stylized font, with "Island" in red and "Brand" in dark red. Two white stars are positioned on the left and right sides of the oval, separating the top and bottom text.

