



Blue Runner

ANALYSIS GUIDE

| | |
|----------------|----------------|
| Ash: | 3.25% |
| Carbohydrates: | <dl |
| Fat: | 2.27% |
| Moisture: | 75.45% |
| Protein: | 19.45% |
| Calories: | 98.23 cal/100g |

Scientific Name: Caranx crysos

Also known as **Hard-Tailed Jack**, produced off the Gulf Coast of Florida, they range in weight from 1/4 to 2 pounds per fish.

Produced: February through October

Packaged: 1/25 pound cases