



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 cryos*

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

Produced: February through October

Packaged: 1/25 pound cases