



Mullet

ANALYSIS GUIDE

Ash: 4.39%

Carbohydrates: <dl

Fat: 3.22%

Moisture: 77.01%

Protein: 16.75%

Calories: 95.98 cal/100g

Scientific Name: *Mugil cephalus*

Produced off the Gulf Coast of Florida, these fish are graded $\frac{3}{4}$ to 1 pound and 1 to 2 pound.

Produced: October through January

Packaged: 1/25 pound cases