



Albacore Tuna

Albacore is found worldwide in tropical and temperate waters, and can grow up to 5 feet and weigh up to 90 pounds. These powerful swimmers migrate along thermoclines, or oceanic temperature gradients, rich in nutrients and food. A majority of our albacore is long-line harvested far out on the oceans of the western and central Pacific, and is generally frozen at sea. The firm, pinkish-white flesh has a delicate flavor and is an excellent source of healthy, extra-lean protein. It is best broiled, grilled, pan-fried, poached, and even smoked.

* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Albacore

Market Name Tuna

Scientific Name *Thunnus alalunga*



PRODUCT INFORMATION

Value Added Products

- Private Label
- Signature Portions®

Sandwich Cuts (skinless)

- Sizes: 4-oz. / 5-oz. / 6-oz.
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

Steaks (skinless)

- Sizes: 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

Loins (skinless)

- Sizes: 1- to 3-lb. / 3- to 5-lb. / 5- to 7-lb. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 30-lb. / 50-lb. / Custom-Packed

Recipes

- Provencale Grilled Tuna
- Tuna Grilled Korean-Style
- Tuna Kabobs with Fresh Lime Sauce

Nutritional Facts

Serving Size: 3.5 oz. (raw)
 Calories: 179
 Fat Calories: 69
 Total Fat: 8.1 g
 Cholesterol: 43 mg
 Protein: 26.5 g
 Iron: 1.3 mg
 Sodium: 54 mg

