

Shrimp, Pacific White (*Penaeus vannamei*; *P. stylirostris*)



COMMON NAMES

White-leg, Mexican white, Pacific white, Ecuadoran white, blue shrimp, steelies

SEASONAL AVAILABILITY

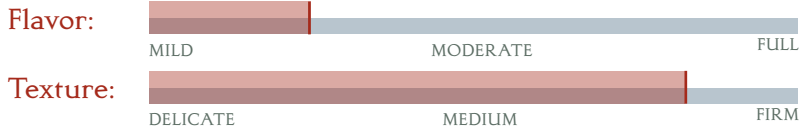
Year-round

PRIMARY PRODUCT FORMS

Frozen: Whole (raw or cooked), Blocks, IQF, Cooked Headless, Split, Butterfly, Fantail, Pieces

Value-added: Breaded, Prepared Entrees

PRODUCT PROFILE



COOKING TIPS

Mild and versatile, Pacific white shrimp can be simmered, skewered and grilled or sautéed with equally delicious results. They pair well with garlic, cilantro, lemon or white wine sauces and also make an excellent ceviche.

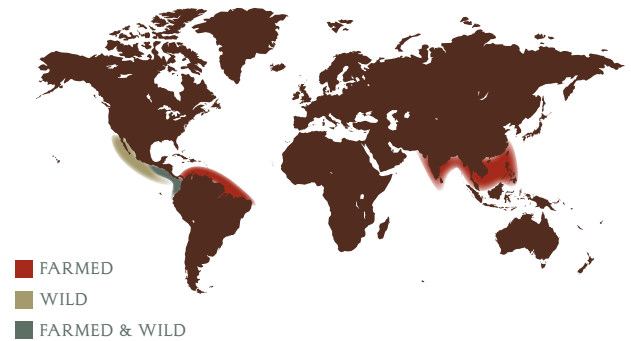
COOKING METHODS

- | | | |
|---|---|---|
| <input type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input checked="" type="checkbox"/> BOIL |

DID YOU KNOW...

...mild, sweet and firm, Pacific white shrimp are among the most widely cultivated shellfish in the world. They grow quickly with little maintenance, and may be harvested in as little as 120 days. Two species, *Penaeus vannamei* and *P. stylirostris*, are both harvested at sea by trawlers or farmed in ponds. Pond-raised domestic shrimp are typically high in quality due to strict controls and the lack of at-sea time.

GLOBAL SUPPLY



Brazil, China, Colombia, Ecuador, Guyana, Honduras, India, Mexico, Nicaragua, Panama, Thailand, United States, Venezuela, Vietnam

NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz.

AMOUNT PER SERVING

Calories	106
Fat Calories	15.3
Total Fat	1.7 g
Saturated Fat	0.3 g
Cholesterol	152 mg
Sodium	148 mg
Protein	20.3 g
Omega-3	0.53 mg

If it swims we have it.

SEATTLE FISH CO.

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