



# Comeau®

Chinese Bay

# Scallops

**Our IQF Bay Scallops** are sweet, tender and an easy-to-cook delicacy originating from the Bohai Sea of China. These scallops are shucked and frozen on the same day of harvest to maintain optimum freshness and are sustainably farmed. They are also HACCP certified and x-ray tested to ensure quality you can trust.

## Nutrition Facts Valeur nutritive

Per 1/2 cup (125 g)  
pour 1/2 tasse (125 g)

	% Daily Value*	% valeur quotidienne*
<b>Calories 100</b>		
<b>Fat / Lipides</b> 1.5 g	2 %	
Saturated / saturés 0 g	0 %	
+ Trans / trans 0 g		
<b>Carbohydrate / Glucides</b> 4 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 0 g	0 %	
<b>Protein / Protéines</b> 19 g		
<b>Cholesterol / Cholestérol</b> 45 mg		
<b>Sodium</b> 330 mg	14 %	
Potassium 250 mg	5 %	
Calcium 30 mg	2 %	
Iron / Fer 0.5 mg	3 %	

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Ingredients

Chinese whole bay scallops.

Code	Description	Case	Pack	UPC / SCC
1616	IQF 60-80	10 lbs	2x5 lb	0-62763-01616-2 / 100-62763-01616-9
1624	IQF 80-120	10 lbs	2x5 lb	0-62763-01624-7 / 100-62763-01624-4

## Preparation/Handling

### Quick Thaw (1h):

- 1:** Remove scallops from package.
- 2:** Rinse ice glaze with cold water.
- 3:** Place scallops in closed bag and thaw overnight in fridge or with running water for faster results.

**Product Packaging:** Sealed clear plastic bag  
**Product Storage:** Cardboard box