

Discover Cobia



Nutrition Facts	
Serving Size: 4 oz raw (113g)	
Amount Per Serving	
Calories 240	Calories from Fat 168
% Daily Value	
Total Fat 19g	29%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

AMERICAN DIETETIC ASSOCIATION



Sustainable. Nutritious. Delicious.

Cobia (*Rachycentron canadum*), — also known as ling, lemonfish, lionfish, and black kingfish — is a highly sought after game fish that is particularly popular in the Gulf of Mexico and the southeast coast of the United States. Because of their solitary nature, there is no commercial fishery for cobia.

- ~ Cobia are pelagic, grow rapidly, and are particularly well-suited for aquaculture. The species matures to a harvestable size of about three kilos in just nine months.
- ~ Cobia is characterized by its flaky white meat, firm texture and a flavor profile comparable to yellowfin tuna, swordfish, and Chilean sea bass.
- ~ Versatile fish, performs well across a wide range of cooking platforms, particularly those that employ high heat.
- ~ Strong nutritional profile. More Omega-3 than salmon, rich in riboflavin, Vitamin B6, magnesium and potassium.
- ~ Fillets and long loins are all natural. No CO treatment or any additive.
- ~ Every piece of akvacobia is fully traceable. Each production lot is Sashimi Grade certified to the standards of the Japanese Frozen Foods Inspection Corp.
- ~ Harvested in deepwater, ocean pens off the coast of Nha Trang by Norwegian-owned Marine Farms Vietnam – the largest cobia aquaculture development in the world.
- ~ Processing takes place in a HACCP approved, Japanese-managed plant to Sashimi Grade specifications – the gold standard of fish quality. Fish frozen and vacuumed packed within hours of harvesting.
- ~ Available year round.
- ~ Farmed under the environmental monitoring regime MOM, exactly the same way as Norwegian salmon. We are strongly committed to the welfare of both the fish and the environment.
- ~ Fish fed the same feed formula as farm-raised salmon, less the color additives. All feed ingredients and marine oils sourced from sustainable fisheries.
- ~ No chemicals or antibiotics used in grow out.

