

Chesapeake RAY

VIRGINIA SEAFOOD



*Wild. Available.
Day boat harvested.*

Chesapeake Ray (*Rhinoptera bonasus*) is a delicious, mild tasting fish caught in the United States along Virginia's Eastern Shore, the Chesapeake Bay and its many tributaries. Ray is a tender, red meat fish offering a "meaty bite".

Ray migrates from the mid-Atlantic to Florida in the United States and throughout Venezuela and Brazil.



Ray WINGS

- Resembles tuna with a rich red coloration like Number 1 tuna and has a beef or veal flavor.
- An average size wing is 3 kg (6.6 lbs).
- Wings are packed fresh daily.
- Harvest season – late May until late September.
- Chesapeake Ray wing market sizes:
 - Under 1 kg (2.2 lbs.)
 - 1 ~ 2 kg (2.2 lbs ~ 4.4 lbs.)
 - 2 ~ 3 kg (4.4 lbs ~ 6.6 lbs.)
 - 3 kg and up (6.6 lbs.)

IQF frozen WINGS

- Packed in 20 kg (44 lbs.) waxed seafood carton lined with plastic.
- Available year round.

Fresh WINGS

- Packaged in 20 kg (44lbs) increments, chilled to 0 °C (32 °F), surrounded by ice for a long shelf life.

HARVESTING

- Chesapeake Ray are harvested by day boats using pound or gill nets.

PREPARATION

- Chesapeake Ray can be sautéed, grilled, fried, pan seared, steamed or broiled.
- Chesapeake Ray accepts all marinades and sauces.
- Chesapeake Ray should be cooked over high heat for a short duration of time.

Serving SUGGESTIONS

- Serve in a traditional style with vegetables or noodles.
- Delicious when marinated or served with sauces.
- Good in hot and cold soups.

For more information or recipes contact:

Virginia Marine Products Board, 554 Denbigh Boulevard, Suite B, Newport News, Virginia 23608, USA
Telephone: 757-874-3474, Fax: 757-886-0671, Website: www.virginiaseafood.org

PRODUCT IMAGE



CHESAPEAKE RAY WING

PACKAGE INFORMATION



CHESAPEAKE RAY SHIPPING CARTON

NUTRITION FACTS

Nutrition Facts

Serving size 4 oz (112 g)
Servings per container to be specified

Amount Per Serving

Calories 100 **Calories from fat** 0

%Daily Value*

Total Fat 0 g **0 %**

Saturated Fat 0 g **0 %**

Trans Fat 0 g

Cholesterol 120 mg **40 %**

Sodium 105 mg **4 %**

Total Carbohydrate 2 g **1 %**

Dietary Fiber 0 g **0 %**

Sugars 0 g

Protein 22 g

Vitamin A 0 % • **Vitamin C** 0%

Calcium 0 % • **Iron** 10%

* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

*Call today for
product information.*

Your *Chesapeake* RAY Supplier:

For more information or recipes contact:

Virginia Marine Products Board, 554 Denbigh Boulevard, Suite B, Newport News, Virginia 23608, USA

Telephone: 757-874-3474, Fax: 757-886-0671, Website: www.virginiaseafood.org