

**CARIBBEAN SPINY
 LOBSTER**
PANULIRUS ARGUS

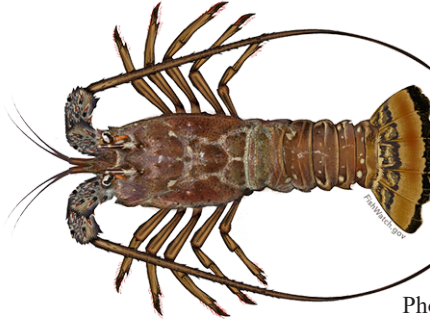


Photo credit- NOAA FishWatch

DESCRIPTION:

Caribbean Spiny Lobsters are found in coastal waters from North Carolina east to Bermuda, throughout the Caribbean and Gulf of Mexico south to Brazil. They have a spiny hard shell for protection instead of large front claws. The tails of these lobsters are yellow or reddish brown to green or even bluish with four large spots and black at the end of its tail fan.

EATING QUALITIES:

Raw tail meat is nearly translucent with a pink, cream or whitish gray tint. Cooked meat is snowy white with red tinges. Caribbean Spiny Lobster tails have meat with a firm to medium texture and mild, sweet flavor. These warmwater lobster tails are low in saturated fat and a very good source of protein and selenium.

FISHING METHODS:

These lobsters are caught by divers. They typically use hooks to catch the lobsters, preferring not to damage the lobster with spears. Traps are also a common method for catching Spiny Lobster.

SOLD AS:

Frozen Cooked Tails, 20-24 oz. or 24 oz. plus each 10 lb per Case

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion:

Calories	112
Fat Calories	13.6
Total Fat	1.51
Protein	20.6 g
Sodium	177 mg
Cholesterol	70 mg

COOKING METHODS

- Bake
- Boil
- Broil
- Grill
- Steam

HANDLING

Box should be intact and show no signs of thawing. Keep product frozen until ready to use.