

## Parrotfish

The parrotfish diet of algae gives the tender white meat a very delightful, unique, and sweet shellfish flavor. Parrotfish taste delicious doesn't matter if they are fried, grilled, baked, or steamed. Like other fish, parrotfish are a source of omega-3 fatty acids, vitamins, and minerals such as iron, zinc, iodine, magnesium, and potassium.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Bake, Fry, Grill, Sauté
<b>Texture</b>	Medium
<b>Flavor</b>	Mild
<b>Availability</b>	January - December
<b>Scientific Name</b>	Scaridae
<b>Location</b>	United States