

# Grouper

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Groupers are members of the sea bass family, Serranidae, which has over 400 types. Red grouper (*Epinephelus morio*) and gag grouper (*Mycteroperca microlepis*) are the groupers harvested in volume and most readily available in seafood markets. Black grouper, scamp, snowy and yellowedge grouper are also available but are harvested in smaller volumes. Groupers vary in size and weight, but are commonly marketed at 5-20 pounds. Groupers are harvested year-round with peak Eastern seaboard and Gulf production in summer and fall.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 110, Calories From Fat 20, Total Fat 2g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 55mg, Sodium 65mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.26g.

Mislabeled seafood is illegal. Grouper has been a prime target for species substitution. For more information, go to [FreshFromFlorida.com](http://FreshFromFlorida.com). If you believe a lesser-value fish has been substituted for grouper or other seafood has been mislabeled at a seafood retail store or supermarket seafood counter, contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

**[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)**