

# Snapper Family

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There are 17 types of snapper harvested off Florida's Gulf and Atlantic Coasts. Red snapper (*Lutjanus campechanus*) and yellowtail snapper (*Ocyurus chrysurus*) are the two most common snappers found in seafood markets and restaurants. Red snapper are the best known and are easily distinguished by their rosy-red skin and bright red irises. Yellowtail snapper have a distinguishing yellow stripe running from nose to tail and are found in the warm waters of south Florida.

Marketed both fresh and frozen, snapper have a firm textured, mild white meat that is perfect for almost any fish recipe.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 110, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 45mg, Sodium 70mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.32g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please 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)**