



211080 - Swai Fillet Split 5 7 Oz

Farm-raised swai is a mild white fish with a light flaky texture. These fillets are well-trimmed, skinless and individually quick frozen to seal in freshness.





* Benefits

Boneless and Skinless 5-7 oz per fillet Great for tacos

Ingredients	Allergens
Swai Fillet, Sodium Tripolyphosphate(to retain moisture).	Contains:

Nutrition Facts

Servings per Container 60 Serving size 4oz(112g)

Amount per serving

Calories	80
% Da	ily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 0.1mg	1%
Potassium 385mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions



Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
PACKER	GREAT AMERICAN SEAFOOD	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
13695	211080	00829944136954	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	
17lb	15lb	VNM		No	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	15.5in	11in	6.5in	0.64ft3	10x6	365DAYS	0°F / 32°F





PACKER

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Nutrition Analysis - By Serving

Calories	80	Total Fat	0.5g	Sodium	30mg
Protein	19	Trans Fats	0g	Calcium	14mg
Total Carbohydrates•••	0g	Saturated Fat	0g	Iron	0.1mg
Sugars	0g	Added Sugars	0g	Potassium	385mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

