MONTEREY BRND

211089 - **Swai Iqf 7 9 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.

SGC FOODSERVICE

Benefits

IQF
7-9oz
Boneless and Skinless

Ingredients

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

Allergens

Contains:

fish

Nutrition Facts

Servings per Container	**60**
Serving size	**4oz(112g)**
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 35mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes Added Sugar	**%**
Protein 19g	
Vitamin D 0mcg	**0%**
Calcium 10mg	**1%**
Iron	**%**
Potassium 350mg	**7%**

* 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

Keep refrigerated or frozen

Serving Suggestions

Can be battered, fried, then served with French Fries.

Prep & Cooking Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).

Product Specifications

Brand	Manufacturer	Product Category
MONTEREY BRND	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
13771	211089	00829944137715	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.5lb	15lb	VNM		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15in	11in	5.5in	0.53ft3	11x9	0DAYS	0°F / 32°F

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Nutrition Analysis - By Serving

Calories	90	Total Fat	1g	Sodium	35mg
Protein	19	Trans Fats	0g	Calcium	10mg
Total Carbohydrates•••	0g	Saturated Fat	1g	Iron	
Sugars	0g	Added Sugars		Potassium	350mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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