



GREAT AMERICAN

211090 - Swai Iqf 5 7 Oz

Species: Pangasianodon Hypophthalmus (striped pangasius)



* Benefits

Lean protein, healthy, delicious, versatile

Ingredients

Swai, water, salt, potassium citrate, sodium citrate, citric acid, sodium phosphates

⚠ Allergens

May Contain:



Nutrition Facts

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

Amount per serving
Calories 70

% Daily Value*

Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	480mg	21%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	14g	
Vitamin D	2mcg	10%
Calcium	5mg	0%
Iron	0mg	0%
Potassium	293mg	6%

* 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

Shelf Life 2 years frozen

Serving Suggestions

Prep & Cooking Suggestions

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
56539	211090	00829944137708		1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16lb	15lb		No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15in	11in	5.5in	0.53cf	10x8	0days	0 / 32



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Nutrition Analysis - By Measure

Calories	70	Total Fat	1g	Sodium	480mg
Protein	14	Trans Fats	0g	Calcium	5mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	293mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

