



SUPERIOR CATF

211440 - Catfish Shank Fillet 7 9 Oz

This fillet gives the consumer an excellent size to grill. It serves well for any customer wanting to create his own cut of catfish out of a larger fillet. Many chefs use this size for their more high dollar catfish plates where it is grilled, baked in special sauces, or in gumbos and soups.



Nutrition Facts

Servings per Container 80
Serving size One fillet per adult; 8oz per meal (3oz)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 14g	
Vitamin D	%
Calcium 0mg	0%
Iron	6%
Potassium	%

* 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.

* Benefits

Ingredients

Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid

Allergens

Contains:



Free From:



Handling Suggestions

Store in freezer between -10 degrees to 15 degrees Fahrenheit. For best thawing, thaw in cooler 36 hours prior to using.

Serving Suggestions

8 ounces of product will feed one adult.

Prep & Cooking Suggestions

For frying, oil must be at 350 degrees Fahrenheit and cooked for a minimum of 5 minutes. For other cooking methods make sure internal meat temperature reaches 160 degrees or meat is easily flaked.

Product Specifications

Brand	Manufacturer	Product Category
SUPERIOR CATF	SUPERIOR CATFISH	

MFG #	SPC #	GTIN	Pack	Pack Desc.
79F15A	211440	00811838020036	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.75lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.5in	11.9in	7.1in	0.76ft3	10x5	0DAYS	0°F / 32°F



SUPERIOR CATF

211440 - Catfish Shank Fillet 7 9 Oz

This fillet gives the consumer an excellent size to grill. It serves well for any customer wanting to create his own cut of catfish out of a larger fillet. Many chefs use this size for their more high dollar catfish plates where it is grilled, baked in special sauces, or in gumbos and soups.



Nutrition Analysis - By Serving

Calories	90	Total Fat	3.5g	Sodium	95mg
Protein	14	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	1.5g	Iron	
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

 Additional Images

