

# **GREAT AMERICAN** 211442 - Catfish Fillet Import 5 7 lqf

A summer staple. The mild flavor of these farm-raised catfish fillets are perfect for any recipe. The filets are boneless, skinless and individually quick frozen.



		Nutrition Fa	cts				
Sandar -		Servings per Container Serving size 40	60 oz(112g)				
and the second s		Amount per serving Calories	135				
and the second s		% Da	% Daily Value*				
and the second s		Total Fat 7g	11%				
Tel		Saturated Fat 1.5g	8%				
100		Trans Fat 0g					
		Cholesterol 62mg	21%				
<b>★</b> Benefits		Sodium 111mg	5%				
-		Total Carbohydrate 0g	0%				
Filet Individually Quick Frozen		Dietary Fiber 0g	0%				
Farm Raised		Total Sugars 0g					
		Includes Added Sugar	%				
Ingredients	Allergens	Protein 17g					
0		Vitamin D 0.3mcg	2%				
Catfish, Water, Sodium	May Contain:	Calcium 9mg	1%				
Tripolyphosphate (to retain moisture).	crustaceans	Iron 0.3mg	2%				
moisture).		Potassium 342mg	7%				
		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.					

### Handling Suggestions

Keep refrigerated or frozen

Serving Suggestions

Try it in a Classic Southern Style Fried Catfish Recipe

# Prep & Cooking Suggestions

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

#### **Product Specifications**

Brand			Manufacturer					
GREAT AMERICAN				GREAT AMERICAN SEAFOOD				
MFG #	ŧ	SPC #		GTIN		Р	ack	Pack Desc.
14158	3 2	211442	00829	00829944145185			1	1/15#
Gross Weight Net Weight Cou		untry of Origin		Ко	sher	Child Nutrition		
16.5	lb	15lb		CHN				No
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	_ife	Stora	ge Temp From/To
15.82in	11.75in	7.13in	0.77INQ	10x6	0DA)	/S	0°F / 32°F	





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Nutrition Analysis - By Serving

Calories	135	Total Fat	7g	Sodium	111mg
Protein	17	Trans Fats	Og	Calcium	9mg
Total Carbohydrates…	Og	Saturated Fat	1.5g	Iron	0.3mg
Sugars	Og	Added Sugars		Potassium	342mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	62mg		
Vitamin A(IU)•		Vitamin D	0.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



