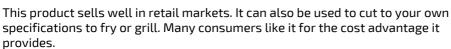


SUPERIOR CATE

211449 - Catfish Shank Fillet 9 12 Oz







* Benefits

Ingredients	A Allergens
Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	Contains: fish Free From: crustaceans eggs milk peanuts soy sesame soy milk wheat

Nutrition Facts

Servings per Container 80
Serving size 3.5oz.

Amount per serving

Calories	120
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 234mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	<u> </u>
Protein 15g	_
Vitamin D 12.5mcg	63%
Calcium 10mg	1%
Iron 0.2mg	1%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in

nuts wheat a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Store in freezer between -10 degrees to 15 degrees Farenheit. 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 Farenheit 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.

9120F000

Product Specifications

211449

Brand			Manufacturer		Product Categor		
SUPERIOR	CATF SUPERIOR CATFISH		ł				
					_		
MFG #	SPC #		GTIN		Pack	Pack Desc.	

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

00811838020043

Shipping Information							
Length Width Height		Volume	TIxHI	Shelf Life	Storage Temp From/To		
15.5in	11.25in	6.13in	0.62ft3	10x5	180DAYS	0°F / 32°F	



1/15#



SUPERIOR CATF

211449 - Catfish Shank Fillet 9 12 Oz



This product sells well in retail markets. It can also be used to cut to your own specifications to fry or grill. Many consumers like it for the cost advantage it provides.

Nutrition Analysis - By Serving

Calories	120	Total Fat	6g	Sodium	234mg
Protein	15	Trans Fats	0g	Calcium	10mg
Total Carbohydrates•••	0g	Saturated Fat	1.5g	Iron	0.2mg
Sugars	0g	Added Sugars		Potassium	300mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	47mg		
Vitamin A(IU)•	0	Vitamin D	12.5mcg	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



