



GREAT AMERICAN

211460 - Catfish Fillet 7 9 Oz lqf Imported

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 Facts

Servings per Container 60
Serving size 4oz.(112g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 19g	
Vitamin D 0.7mcg	4%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 380mg	8%

* 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

Farm Raised
Skinless
boneless

Ingredients

Catfish

⚠ Allergens

Contains:

crustaceans fish

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	Product Category
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
14519	211460	00829944145192	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.5lb	15lb	CHN		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.1in	11.9in	7.2in	0.8INQ	10x7	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	4g	Sodium	40mg
Protein	19	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	380mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(U)		Vitamin D	0.7mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

