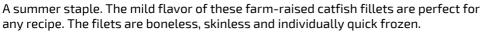


#### **GREAT AMERICAN**

# 211460 - Catfish Fillet 7 9 Oz Iqf Imported







#### \* Benefits

Farm Raised Skinless boneless

Ingredients	▲ Allergens
Catfish	Contains:  © crustaceans fish

# **Nutrition Facts**

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

Amount per serving

110

Calories	110
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 19g	
Vii	40/
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.

# 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).

#### (A)

#### **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 TIxHI Shelf Life Storage Temp From/						Storage Temp From/To	
16.1in	11.9in	7.2in	0.8INQ	10x7	0DAYS	0°F / 32°F	





#### **GREAT AMERICAN**

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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 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(IU)•		Vitamin D	0.7mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images

