



SUPERIOR CATF

211466 - Catfish Fillet Breaded Split 3 5 Oz

This product is a 3-5 oz fillet that is split down the center of fillet and then breaded in our Superior breading. This is a perfect product for catfish baskets in any restaurant as well as buffets. Consumers love this time saving option for being able to take out of freezer and drop in fryer frozen.



Nutrition Facts

Servings per Container 80
Serving size 3.5oz

Amount per serving
Calories 135

% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 600mg	26%
Total Carbohydrate 8.3g	3%
Dietary Fiber 0.75g	3%
Total Sugars 0g	
Includes Added Sugar	%
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 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
Breading: Yellow Corn Meal, Yellow Corn Flour, Salt, Spices, Monosodium Glutamate, Paprika, Garlic Powder, Citric Acid

Allergens

Contains:



Free From:



Handling Suggestions

Store in freezer between -10 degrees to 15 degrees Farenheit. Do not thaw before cooking.

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 approximatley 6-8 minutes. After product floats, cook an additional 1-2 minutes. For baking, bake at 375 degrees Fahrenheit for approximately 45 minutes.

Product Specifications

Brand	Manufacturer
SUPERIOR CATF	HEARTLAND CATFISH COMPANY

MFG #	SPC #	GTIN	Pack	Pack Desc.
35FBS	211466	00811838020265	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.5lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6in	12in	7.1in	0.77ft3	10x6	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	135	Total Fat	6g	Sodium	600mg
Protein	15	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	8.3g	Saturated Fat	1.5g	Iron	0.2mg
Sugars	0g	Added Sugars		Potassium	300mg
Dietary Fiber	0.75g	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

