



**SUPERIOR CATF**

**211467 - Catfish Fillet Breaded 3 5 Oz**

We take a 3-5 oz fillet and bread it in our Superior breading. 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*
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 47mg	<b>16%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0.75g	<b>3%</b>
Total Sugars 0.2g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 15g	
Vitamin D 12.5mcg	<b>63%</b>
Calcium 10mg	<b>1%</b>
Iron 0.2mg	<b>1%</b>
Potassium 300mg	<b>6%</b>

\* 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 Fahrenheit. 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 Fahrenheit and cooked for approximately 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	Product Category
SUPERIOR CATF	SUPERIOR CATFISH	

MFG #	SPC #	GTIN	Pack	Pack Desc.
35F15C	211467	00811838020289	1	1/15#

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6in	12in	7.1in	0.77ft3	10x5	0DAYS	0°F / 32°F



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### Nutrition Analysis - By Serving

Calories	135	Total Fat	4.5g	Sodium	600mg
Protein	15	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	1.5g	Iron	0.2mg
Sugars	0.2g	Added Sugars		Potassium	300mg
Dietary Fiber	0.75g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	47mg		
Vitamin A(U)	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

