



MONTEREY BRND

# 211976 - Swai Fillet 15 Oz Up

Farm-raised swai is a mild white fish with a light flaky texture. These chemical-free fillets are well-trimmed, skinless and individually quick frozen to seal in freshness.



## Nutrition Facts

Servings per Container  
Serving size **4oz (113g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat	%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars	
Includes Added Sugar	%
<b>Protein</b> 14g	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

\* 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  
Individually Quick Frozen  
Fillet

### Ingredients

Swai Fillet, Sodium  
Triphosphate ( to retain  
moisture)

### ⚠ Allergens

#### Contains:



### Handling Suggestions

Thaw Monterey Seafood Swai Fillets under refrigeration immediately before use.

### Serving Suggestions

### Prep & Cooking Suggestions

### 📄 Product Specifications

Brand	Manufacturer	Product Category
MONTEREY BRND	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
	211976	00829944114129	1	1/15#

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.9in	11.2in	6.1in	0.55INQ	10x9	0DAYS	0°F / 32°F



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### Nutrition Analysis - By Measure

Calories	70	Total Fat	1.5g	Sodium	210mg
Protein	14	Trans Fats	0g	Calcium	
Total Carbohydrates...	0g	Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

