

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
and a	Servings per Container Serving size 4oz (113g)	
		Amount per serving Calories 70
		% Daily Value*
	E	Total Fat 1.5g 2%
		Saturated Fat %
		Trans Fat 0g
		Cholesterol 30mg 10%
★ Benefits		Sodium 210mg 9%
		Total Carbohydrate 0g 0%
Farm Raised Individually Quick Frozen		Dietary Fiber 0g 0%
Fillet		Total Sugars
		Includes Added Sugar %
Ingredients	Allergens	Protein 14g
		Vitamin D %
Swai Fillet, Sodium	Contains:	Calcium %
Tripolyphosphate (to retain moisture)	(80) fish	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.

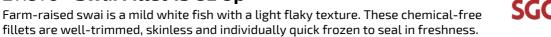
Product Specifications

Handling Suggestions	Product Specifications								
Thaw Monterey Seafood Swai Fillets under refrigeration immediately before use.	Bra MONTERI	Manufacturer GREAT AMERICAN SEAFO				Product Category OD Fish, Commodity			
Serving Suggestions	MFG #	SPC #	GTIN			Pack		Pack Desc.	
		21197	6			129	1		1/15#
	Gross Weig	ght Net	Neight			Origin	Kosher		Child Nutrition
Prep & Cooking Suggestions	15lb	1	15lb		VNM				No
	Shipping Information								
	Length W	idth Heig	ht Vo	lume	TIxHI	Shelf Li	fe S	Storag	e Temp From/To
	13.9in 11	.2in 6.1	n 0.5	5INQ	10x9	0DAYS	5		0°F / 32°F





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Nutrition Analysis - By Measure

Calories	70	Total Fat	1.5g	Sodium	210mg
Protein	14	Trans Fats	Og	Calcium	
Total Carbohydrates…	Og	Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(IU)•		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



