



MONTEREY BRND

211998 - Swai lqf 5 7 Oz

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



Nutrition Facts

Servings per Container
Serving size 4oz (112g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 530mg	23%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 320mg	7%

* 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

Individually Quick Frozen
Trimmed
Farm Raised

Ingredients

Ingredients: Swai, Water, Sodium Tripolyphosphate (to retain moisture).

⚠ Allergens

Contains:



Handling Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).

Serving Suggestions

Can be paired with a vegetable medley

Prep & Cooking Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).

📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
13770	211998	00829944137708	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16lb	15lb	VNM		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15in	11in	5.5in	0.53INQ	10x8	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	70	Total Fat	1g	Sodium	530mg
Protein	14	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	0.5g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	320mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

