

PACKER

212499 - Catfish Shank Fillet 3 5 Oz



This catfish fillet gives the best choices for cooking. It is small enough to deep fried, yet large enough to grilled or baked and still give the appearance of a well filled plate. It provides a hearty portion of meat and yet keeps the sweetness of a small fillet.



* Benefits

Ingredients	Allergens
Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	Contains: fish Free From: crustaceans eggs milk peanuts sesame soy milk wheat

Nutrition Facts

Servings per Container 80 3.5oz Serving size

Amount per serving Calories

110

Calonies	110
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 234mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
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.

Handling Suggestions

Store in freezer between -10 degrees to 15 degrees Farenheit. For best thawing, thaw in cooler 36 hours prior to using.

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 a minimum of 5 minutes. For other cooking methods make sure internal meat temperature reaches 160 degrees or meat is easily flaked.

Product Specifications

Brand Manufacturer		Product Category		
PACKER SUPERIOR CATFISH		Fish, Value Added & Further Processed		

MFG #	SPC #	GTIN	Pack	Pack Desc.
35F15A	212499	00811838020012	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.85lb	15lb	USA		No

Shipping Information						
Length Width Height Volume TlxHl Shelf Life Storage Temp					Storage Temp From/To	
15.6in	11.8in	7.2in	0.77ft3	10x5	0DAYS	0°F / 32°F





PACKER

212499 - Catfish Shank Fillet 3 5 Oz



This catfish fillet gives the best choices for cooking. It is small enough to deep fried, yet large enough to grilled or baked and still give the appearance of a well filled plate. It provides a hearty portion of meat and yet keeps the sweetness of a small fillet.

Nutrition Analysis - By Serving

Calories	110	Total Fat	6g	Sodium	234mg
Protein	15	Trans Fats	0g	Calcium	10mg
Total Carbohydrates	0g	Saturated Fat	1.5g	Iron	0.2mg
Sugars	0g	Added Sugars		Potassium	300mg
Dietary Fiber	0g	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



