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.

SGC FOODSERVICE

Benefits

Nutrition Facts

Servings per Container	**80**
Serving size	**3.5oz**
Amount per serving	
Calories	**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.

Ingredients

Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid

Allergens

Contains:

fish

Free From:

crustaceans, eggs, milk, peanuts, sesame, soy, tree nuts, wheat

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	TIxHI	Shelf Life	Storage Temp From/To
15.6in	11.8in	7.2in	0.77ft3	10x5	0DAYS	0°F / 32°F

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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-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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