



**SUPERIOR CATF**

**212502 - Catfish Fillet Icepack 3 5 Oz S/O**

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. Fresh fillets are always a premium product.



# Nutrition Facts

**Servings per Container** 80  
**Serving size** 3.5oz.

**Amount per serving**  
**Calories** 120

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 47mg	<b>16%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 15g	
Vitamin D 12.5mcg	<b>63%</b>
Calcium 10mg	<b>1%</b>
Iron 0.2mg	<b>1%</b>
Potassium 300mg	<b>6%</b>

\* 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

### Ingredients

Catfish, Water, Sodium

### ⚠ Allergens

**Contains:**



**Free From:**



### Handling Suggestions

Store in refrigerated cooler kept between 35-32 degrees Farenheit. If product is not used within 14 days from production, product must be frozen.

### 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
SUPERIOR CATF	SUPERIOR CATFISH	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
ICP015FCP	212502	00811838020739	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	10in	8in	0.74ft3	5x5	0DAYS	33°F / 39°F

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## Nutrition Analysis - By Serving

Calories	120	Total Fat	6g	Sodium	160mg
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(U)	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
