

SUPERIOR CATF

212502 - Catfish Fillet Icepack 3 5 Oz S/O







* Benefits

Ingredients	A Allergens		
Catfish, Water, Sodium	Contains: Free From: crustaceans eggs milk peanuts sesame soy tree nuts wheat		

Nutrition Facts

Servings per Container 80 Serving size 3.5oz.

Amount per serving

Calories	120
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 160mg	7%
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 ho	ow much a nutrient in

^{*} 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 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 CATE	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						Storage Temp From/To	
16in	10in	8in	0.74ft3	5x5	0DAYS	33°F / 39°F	





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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 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	Polyunsaturated Fat		
Lactose		Monounsaturated Fat	Monounsaturated Fat		
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



