



HEARTLAND

212514 - Catfish Shank Fillet 2 3 Oz

Heart-healthy and protein rich, our mild-flavored, firm-textured shank fillets are perfectly suited for any fish recipe. Shank fillets have been deboned and have the belly flap (nugget) removed.

Individually Quick Frozen (IQF) catfish fillets are frozen in a matter of minutes to ensure freshness and flavor year-round.

The 4-5 oz IQF catfish fillets are versatile for use in a variety of recipes and cooking methods for chefs and at-home chefs alike.



* Benefits

U.S. farm-raised Heartland Catfish shank fillets are the complete package when it comes to quality and quantity. Catfish easily takes on the flavor of its seasonings and preparation style, making adapting fillets to any menu or taste preference easy.

Our frozen products are Individually Quick Frozen (IQF) in a matter of minutes to preserve their freshness and ensure our customers receive superior-quality catfish year-round.

Chefs and home chefs alike love cooking with Heartland catfish products, including 2-3 oz IQF catfish shank fillets.

Ingredients

Ingredients: Catfish, Water, Potassium Carbonate, Sodium Citrate, and Salt

⚠ Allergens

Free From:



Nutrition Facts

Servings per Container	60
Serving size	2fillets (4oz)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 370mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0mg	0%
Potassium 228mg	5%

* 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

KEEP FROZEN. THAW IN REFRIGERATOR.

Serving Suggestions

Serve deep fried catfish fillets with French fried, hushpuppies and cole slaw for a delicious southern meal.

Prep & Cooking Suggestions

Prepare and cook in your favorite fish recipes. Catfish can be grilled, baked, fried, or broiled. It takes on the flavor of the seasonings of the recipe.

✎ Product Specifications

Brand			Manufacturer			
HEARTLAND			Heartland Catfish			
MFG #	SPC #	GTIN		Pack	Pack Desc.	
11010	212514	00763719110100		1	1 / 1 / 3.5 ONZ	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
16.5lb	15lb	USA			No	
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.5in	11.5in	6.75in	0.7ft3	10x10	365DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat	4g	Sodium	370mg
Protein	13	Trans Fats	0g	Calcium	8mg
Total Carbohydrates...	1g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	228mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	70mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

