

#### SUPERIOR CATF

# 212517 - Catfish Shank Deep Skinned 5 7 Oz S/O

We take a fillet and take another layer of skin and membrane off to create a quality that is the best of the best.



		<b>Nutrition Fa</b>	acts		
		Servings per Container 8 Serving size 3.50			
	Amount per serving Calories	110			
		% Daily Value*			
		Total Fat 6g	9%		
		Saturated Fat 1.5g	8%		
		Trans Fat 0g			
		Cholesterol 47mg	16%		
<b>*</b> Benefits		Sodium 234mg	10%		
		Total Carbohydrate Og	0%		
		Dietary Fiber 0g	0%		
		Total Sugars 0g			
		Includes Added Sugar	%		
Ingredients	Allergens	Protein 15g			
5		Vitamin D 12.5mcg	63%		
Catfish, Water, Sodium	Contains:	Calcium 10mg	1%		
Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	fish	Iron 0.2mg	1%		
nexametaphosphate, entre vela	Free From:	Potassium 300mg	6%		
	(Figure and the set of	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 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			
SUPERIOR CATF		SUPERIOR CATFISH		Fish, Value Added & Further Processed			
MFG #	IFG # SPC #		G	GTIN		Pack Desc.	
3231	2	12517	0081183	00811838020333		1/15#	
Gross Weight		Net Weight Countr		ry of Origin	Kosher	Child Nutrition	
17lb		15lb		USA		No	
			!				

Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To			
10.5in	9in	5in	0.27ft3	5x5	365DAYS	0°F / 32°F			





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Nutrition Analysis - By Serving

Calories	110	Total Fat	6g	Sodium	234mg
Protein	15	Trans Fats	Og	Calcium	10mg
Total Carbohydrates…	Og	Saturated Fat	1.5g	Iron	0.2mg
Sugars	Og	Added Sugars		Potassium	300mg
Dietary Fiber	Og	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-6		
Monosodium		Sulphites		Nitrates	

Additional Images



