

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.



| | | Nutrition Fa | 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% | | |
| * 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



