

### SUPERIOR CATF 212519 - Catfish Fillet Split 5 7 Oz Iqf



		<b>Nutrition Fa</b>	acts
Servings per Contai Serving size Twopcsofthis			
C.		Amount per serving Calories	100
		% E	aily Value*
		Total Fat 5g	%
		Saturated Fat 0.5g	3%
		Trans Fat 0g	
	Cholesterol 40mg	13%	
<b>★</b> Benefits		Sodium 315mg	14%
	Total Carbohydrate Og	0%	
The 5-7 oz fillets split down the cel frying or grilling. It gives the consu	Dietary Fiber	%	
which many people love.	Total Sugars 0g		
		Includes Added Sugar	%
Ingredients	Allergens	Protein 14g	
		Vitamin D	%
Catfish, Water, Sodium	Contains:	Calcium 0mg	<u> </u>
Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	(RD) fish	Iron	<u> </u>
	Free From:	Potassium	<u> </u>
	Image: Second	* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	ch a nutrient in t. 2,000 calories

#### 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 #	SPC #	GTIN		Pack	Pack Desc.	
IQF015SCP	212519	00811838020210		1	1/15#	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
17LB	15LB	US			No	
Shipping Information						

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
15.7in	11.8in	6.7in	0.72cf	7x3	365days	0°f / 32°f	



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#### Nutrition Analysis

Calories	100	Total Fat	5g	Sodium	315mg
Protein	14	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	Og	Saturated Fat	Saturated Fat 0.5g		
Sugars	Og	Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol 40mg			
Vitamin A(IU)•	0	Vitamin D		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

