



**SUPERIOR CATF**

**212563 - Catfish Whole 7 9 Oz**

Many people love whole catfish and believe it has the best flavor in catfish. The catfish tail is a favorite. This particular size works well in restaurants.



# Nutrition Facts

Servings per Container **80**  
Serving size **3.5oz**

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 47mg	<b>16%</b>
<b>Sodium</b> 234mg	<b>10%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 15g	
Vitamin D 12.5mcg	<b>63%</b>
Calcium 10mg	<b>1%</b>
Iron 0.2mg	<b>1%</b>
Potassium 300mg	<b>6%</b>

\* 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.

### \* Benefits

### Ingredients

Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid

### ⚠ Allergens

**Contains:**



**Free From:**



### 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, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
79W15A	212563	00811838020111	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.8lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8in	12in	7.2in	0.79ft3	10x4	0DAYS	0°F / 32°F



**SUPERIOR CATF**

**212563 - Catfish Whole 7 9 Oz**

Many people love whole catfish and believe it has the best flavor in catfish. The catfish tail is a favorite. This particular size works well in restaurants.



Nutrition Analysis - By Serving

Calories	110	Total Fat	6g	Sodium	234mg
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		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	47mg		
Vitamin A(U)	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

