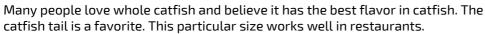


### **SUPERIOR CATF**

### 212563 - Catfish Whole 7 9 Oz







### Benefits

Ingredients	Allergens
Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	Contains:  fish  Free From:  crustaceans eggs milk peanuts  sesame soy milk peanuts  wheat

# **Nutrition Facts**

Servings per Container 80 Serving size 3.5oz

Amount per serving

Calories	110
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 234mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 15g	
Vitamin D 12.5mcg	63%
Calcium 10mg	1%
Iron 0.2mg	1%
Potassium 300mg	6%

a serving of food contributes to a daily diet. 2,000 calories

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	Prod	Product Category		
SUPERIOR CATF S		UPERIOR CATFISH	Fish	Fish, Commodity		
MFG #	SPC#		GTIN	Pack	Pack Desc.	
79W15A	212563		00811838020111	1	1/15#	
Gross Weight	Gross Weight Net Weight		Country of Origin	Kosher	Child Nutrition	
16.8lb	15lb		USA		No	

Shipping Information						
Length Width Height Volum		Volume	TIxHI	Shelf Life	Storage Temp From/To	
15.8in	12in	7.2in	0.79ft3		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(IU)•	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

