



HEARTLAND  
212563 - Catfish Whole 7 9 Oz

US Farm Raised Catfish is delicious, nutritious, sustainable fish. It can be prepared in numerous ways, grilled, baked, fried or broiled.



Nutrition Facts

Servings per Container 60  
Serving size 1/20 of a fish (4oz)

Amount per serving  
Calories 130

|                         | % Daily Value* |
|-------------------------|----------------|
| Total Fat 7g            | 9%             |
| Saturated Fat 1.5g      | 8%             |
| Trans Fat 0g            |                |
| Cholesterol 115mg       | 38%            |
| Sodium 350mg            | 15%            |
| Total Carbohydrate 1g   | 0%             |
| Dietary Fiber 0g        | 0%             |
| Total Sugars 0g         |                |
| Includes 0g Added Sugar | 0%             |
| Protein 16g             |                |
| Vitamin D 0mcg          | 0%             |
| Calcium 435mg           | 33%            |
| Iron 1mg                | 6%             |
| Potassium 306mg         | 7%             |

\* 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

With the rich flavor of meat on the bone, our whole dressed catfish are perfect for chefs and cooks who need whole fish for a favorite recipe or prefer to make their own signature cuts.

Ingredients

Catfish, water, potassium carbonate, sodium citrate, and salt.

⚠ Allergens

Free From:



Handling Suggestions

Keep frozen until ready to use.

Serving Suggestions

DEEP OR PAN FRY WITH A CORNMEAL COATING. SERVE WITH SLAW, FRIES AND HUSHPUPPIES

Prep & Cooking Suggestions

DEEP OR PAN FRY WITH A CORNMEAL COATING. SERVE WITH SLAW, FRIES AND HUSHPUPPIES

📋 Product Specifications

| Brand     | Manufacturer              |
|-----------|---------------------------|
| HEARTLAND | HEARTLAND CATFISH COMPANY |

| MFG # | SPC #  | GTIN           | Pack | Pack Desc. |
|-------|--------|----------------|------|------------|
| 01040 | 212563 | 00763719010400 | 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           |



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Nutrition Analysis - By Serving

|                        |     |                     |       |                |       |
|------------------------|-----|---------------------|-------|----------------|-------|
| Calories               | 130 | Total Fat           | 7g    | Sodium         | 350mg |
| Protein                | 16  | Trans Fats          | 0g    | Calcium        | 435mg |
| Total Carbohydrates... | 1g  | Saturated Fat       | 1.5g  | Iron           | 1mg   |
| Sugars                 | 0g  | Added Sugars        | 0g    | Potassium      | 306mg |
| Dietary Fiber          | 0g  | Polyunsaturated Fat | 0g    | Zinc           | 0     |
| Lactose                |     | Monounsaturated Fat | 0g    | Phosphorus     |       |
| Sucrose                |     | Cholesterol         | 115mg |                |       |
| Vitamin A(IU)•         | 0   | Vitamin D           | 0mcg  | Thiamin        |       |
| Vitamin A(RE)          |     | Vitamin E           |       | Niacin         |       |
| Vitamin C              | 0mg | Folate              | 0mg   | Riboflavin     | 0mg   |
| Magnesium              |     | Vitamin B-6         |       | Vitamin B-1 2• |       |
| Monosodium             |     | Sulphites           |       | Nitrates       |       |

Additional Images

