



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.



\* 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:



Nutrition Facts

Servings per Container 60  
Serving size 1/2 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.

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	TTW Farm Products Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
01040	212563	00763719010400	1	1 / 1 / 9.5 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.5lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	11.5in	6.85in	0.7ft3	10x10	365DAYS	-10°F / 10°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

