

# SUPERIOR CATF 212854 - Catfish Steak Iqf

Catfish steaks are used by people who want the flavor of bone in catfish but do not want to eat the whole dressed catfish. General specs are 3/4" thick. They are cut from 1 lb -2.5 lb catfish.



		<b>Nutrition Facts</b>		
Ca	Servings per Container Serving size 3.50			
		Amount per serving Calories	110	
	and the second sec	% Dai	ly Value*	
All and a second	and the second second	Total Fat 6g	9%	
		Saturated Fat 1.5g	8%	
		Trans Fat 0g		
		Cholesterol 47mg	16%	
* Benefits		Sodium 234mg	10%	
• • •		Total Carbohydrate Og	0%	
		Dietary Fiber 0g	0%	
		Total Sugars 0g		
		Includes Added Sugar	%	
Ingredients	Allergens	Protein 15g		
		Vitamin D 12.5mcg	63%	
Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	Contains:	Calcium 10mg	1%	
	fish fish	Iron 0.2mg	1%	
	Free From:	Potassium 300mg	6%	
	(****) crustaceans (****) eggs (*****) milk (*********) peanuts (************************************	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 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

15.6in

12in

7.1in

0.77ft3

Brand	Manu	Manufacturer		Product Category		
SUPERIOR CATE	SUPERIO	OR CATFISH	CATFISH Fish, Value		Added & Further Processec	
MFG #	SPC #		GTIN		Pack	Pack Desc.
3240K000	212854	0081	00811838020227		1	1/15#
Gross Weight	Net Weig	ght Cour	Country of Origin		Kosher	Child Nutrition
15.5lb	15lb		USA			No
Shipping Information						
Length Width	Height	Volume .	TIxHI	IxHI Shelf Life Storage Temp From/To		

10x4

**ODAYS** 



0°F / 32°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	6g	Sodium	234mg
Protein	15	Trans Fats	Og	Calcium	10mg
Total Carbohydrates…	Og	Saturated Fat	1.5g	Iron	0.2mg
Sugars	Og	Added Sugars		Potassium	300mg
Dietary Fiber	Og	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



