



SUPERIOR CATF

212854 - Catfish Steak lqf

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.



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%

*** Benefits**

Ingredients	Allergens
Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid	<p>Contains:</p> <p> fish</p> <p>Free From:</p> <p> crustaceans eggs milk peanuts</p> <p> sesame soy tree nuts wheat</p>

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, Value Added & Further Processed				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
3240K000	212854	00811838020227	1	1/15#		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
15.5lb	15lb	USA		No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6in	12in	7.1in	0.77ft3	10x4	0DAYS	0°F / 32°F



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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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

