



SUPERIOR CATF  
212860 - Catfish Fillet Iepack 5 7 Oz S/O

The 5-7 ounce fillet is popular by many restaurant users for providing multiple serving options. It is the perfect size for grilling or baking as a whole fillet. Fresh fillets are always a premium product.



Nutrition Facts

Servings per Container 80  
Serving size 3.5oz

Amount per serving  
Calories 120

% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 160mg	7%
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%

\* 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

Ingredients

Catfish, Water, Sodium

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Store in refrigerated cooler kept between 35-32 degrees Farenheit. If product is not used within 14 days from production, product must be frozen.

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
SUPERIOR CATF	SUPERIOR CATFISH

MFG #	SPC #	GTIN	Pack	Pack Desc.
57F15A	212860	00811838020746	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
23in	15in	7in	1.4ft3	10x7	0DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	120	Total Fat	6g	Sodium	160mg
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

