

MONTEREY BRND 911946 - Swai lqf 3 5 Oz

Farm-raised swai is a mild white fish with a light flaky texture. These chemical-free fillets are well-trimmed, skinless and individually quick frozen to seal in freshness.



		Nutrition Fa	Nutrition Facts				
		Servings per Container Serving size 4oz (113g)					
	and the second second	Amount per serving Calories	70				
	and the second	% D	aily Value*				
		Total Fat 1.5g	2%				
		Saturated Fat	%				
		Trans Fat 0g					
		Cholesterol 30mg	10%				
★ Benefits		Sodium 210mg	9%				
•		Total Carbohydrate 0g	0%				
Farm Raised Individually Quick Frozen		Dietary Fiber 0g	0%				
Fillet		Total Sugars					
		Includes Added Sugar	%				
Ingredients	Allergens	Protein 14g					
		Vitamin D	%				
Swai Fillet, Sodium	Contains:	Calcium	<u> </u>				
Tripolyphosphate (to retain moisture)	(R) fish	Iron	<u> </u>				
		Potassium	<u> </u>				
		 * The % Daily Value (DV) tells you how mut a serving of food contributes to a daily diel a day is used for general nutrition advice. 	ch a nutrient in				

Product Specifications

Handling Suggestions	Product Specifications								
Thaw Monterey Seafood Swai Fillets under refrigeration immediately before use.	Brand MONTEREY BRND		GRI	Manufacturer GREAT AMERICAN SEAFO			Product Category OD Fish, Commodity		
Serving Suggestions	MFG #	MFG # SPC #		GTIN			Pack		Pack Desc.
		9119	46	00829944137692		692	1		1/15#
Gross We		ght Net	Weight	Cou	intry of	Origin	Kosł	ner	Child Nutrition
Prep & Cooking Suggestions	15lb		15lb		VNM				No
				Shippin	ng Infori	mation			
	Length W	idth Hei	ght Vc	olume	TIxHI	Shelf Li	fe S	torag	e Temp From/To
	13.9in 11	.2in 6.1	in 0.5	55INQ	10x9	0DAYS	5		0°F / 32°F





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Nutrition Analysis - By Measure

Calories	70	Total Fat	1.5g	Sodium	210mg
Protein	14	Trans Fats	Og	Calcium	
Total Carbohydrates…	Og	Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



