CATFISH 3/5 OUNCE FILLET

SEA BEST | 15 POUND

Catfish Fillets have a firm texture, that's mild, moist and flaky, and it's one of the most versatile fish available. A slightly sweet flavor lends to the unique moist texture of this southern favorite. Catfish tastes delicious in a variety of recipe pairings and almost any cooking technique.

PRODUCT BENEFITS

ITEM ID
00075391028513

ALTERNATE ITEM #
6202060

MANUFACTURER
Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts	
Servings per container	60
Serving size	112 Gram 4 oz
Amount per serving	
Calories	130
Calories from Fat 60	
	% Daily Value*
Total Fat 7g	8%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	
Cholesterol 60mg	20%
Sodium 110mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	35%
Vitamin D 0.2mcg	2%
Calcium 9mg	0%
Iron 0.26mg	2%
Potassium 338mg	8%
Vitamin A 0	0%
Vitamin C 0	0%
Vitamin E 0.91	6%

INGREDIENT STATEMENT

Catfish, Water, Sodium Tripolyphosphate (to retain moisture).

ALLERGEN

Free from:Sesame Seeds and their derivatesMay contain:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

OTHER INFO

PREPARATION INSTRUCTIONS
To avoid foodborne illness, it is necessary to cook seafood to an internal temperature of 145°F for 15

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

USAGE INSTRUCTIONS

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F