



The Finest and Widest Line of Seafood Anywhere. Since 1928.

OVEN-READY SOUTHERN STYLE BREADED CATFISH

NATURAL SHAPED CATFISH FILLET 3.5-4.5 OZ



FEATURES

BENEFITS

Premium seafood	Maintains the flaky texture inside with a flavorful coating
Authentic breaded selection	Our traditional breading enhances premium quality coating
Nutritious and Fun	Combines the healthy benefits of seafood with a golden appeal
Ratio fish to breading	Delivers consistent ratio of fish to breading
Easy and quick to prepare	Ready for both convection and conventional oven
Coat retention	Breading adhered to fish for extended periods of time
Consistent piece size in every box	Control your costs by getting exactly what you pay for



ICYBAY Tilapia has been certified for Best Aquaculture Practices by the Global Aquaculture Alliance.



Product Facts

Slade Gorton Code	Certification	Flesh/Breeding Ratio	Pack/Size	Avg. Pieces/Case	Case Configuration L x W x H (in)	Case Cube	Pallet TI/HI
21788	BAP	60/40	1/10#	40	13.19 x 9.44 x 6.563	0.473	14x8

Nutrition Facts - Portion

Nutrition Facts	
Serving Size 1 Fillet (112g)	
Servings Per Container 40	
Amount Per Serving	
Calories 260	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 590mg	25%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 12g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts - 100g

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 530mg	22%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Raw

Cooked



UPC code: 073129217888

GTIN: 00073129217888

LOT# ?????? ?
PC #21788

2671

ICYBAY OVEN-READY SOUTHERN STYLE BREADED NATURAL CATFISH FILLET 3.5-4.5 OZ.

INGREDIENTS: Catfish, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour water, yellow corn flour, yellow corn meal, salt, spices, whey, buttermilk (sweet cream, whey cream), contains less than 2% of: sugar, garlic powder, canola oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), yeast, sodium tripolyphosphate (to retain moisture), corn syrup solids, extractives of turmeric, paprika and annatto, lemon juice solids, spice extractives, caramel color, natural flavor. Precooked in canola, cottonseed and/or soybean oil. **Contains: Catfish, Wheat, Milk.**

COOKING INSTRUCTIONS: CONVECTION OVEN: Preheat oven to 375°F. Place frozen fillets on baking sheet and bake for 15-17 minutes, or until internal temperature reaches 160°F. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen fillets on baking sheet and bake for 18-20 minutes, or until internal temperature reaches 160°F. DEEP FRY: Deep fry frozen fillets at 350°F for 6-7 minutes or until internal temperature reaches 160°F.

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN

2671

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DISTRIBUTED BY: SLADE GORTON & CO.,
BOSTON, MA 02118



SLADE GORTON

NO ONE ELSE

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To learn more or to place an order
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at the Slade Gorton office: 800-225-1573