Your Better Choice in Seafood®

Catfish / Oven-Ready Southern Style Breaded Natural Catfish Fillet 3.5-4.5 oz

UCC14 Code: 00073129217888 UCC12 Code: 073129217888 SUPC Code: 0724359

PRODUCT/PACKAGING INFORMATION:

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.473	13.19 x 9.44 x 6.563	14x8	112

Pack Size	Unit Weight	Gross Weight	Net Weight
1/10#	10	11	10

Farm/Fishery Specification: BAP
Frozen Shelf Life: 18 months from date of manufacture.
Allergens: Yes. Please see label.
Approx. Servings per Case: 40
Labeling: Oven Ready
Freezing: IQF

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

PRODUCT LABEL:

LOT# ??????
2671
PC #21788

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

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN
2671
PC #27188

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

00073129217888

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

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

sodexo
Quality of Daily Life Solutions

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