

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

PRODUCT LABEL:

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

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 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	
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	



<http://sodexoseafood.com>

Quality of Daily Life Solutions