

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# 777777
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

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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:

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4