

GFS Item#333182/Vendor #3324

KEEP FROZEN RE-ORDER # 333182

0001 INDIVIDUALLY QUICK FROZEN

3 - 5 OZ CATFISH FILLETS

FISH SIZES ARE APPROXIMATE

NET WT 15 LBS (6.80 kg)

INGREDIENTS: CATFISH, WATER, SODIUM TRIPOLYPHOSPHATE,
SALT, SODIUM HEXAMETAPHOSPHATE, ASCORBIC ACID.
NATURAL CATFISH PRODUCT MAY CONTAIN BONE.
A PRODUCT OF THE U.S.A.

U.S. FARM RAISED

PACK DATE: 601197



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Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings per Container 60.			
Amount Per Serving			
Calories 80		Calories from Fat 20	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	310mg		13%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	15g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2000 2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	13g	16g
Cholesterol	Less than	300mg	380mg
Sodium	Less than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 . Carbohydrate 4 . Protein 4			