

GFS Item# 333212/Vendor #3445

KEEP FROZEN RE-ORDER # 333212
0001 INDIVIDUALLY QUICK FROZEN

4 OZ BREADED CATFISH FILLETS

FISH SIZES ARE APPROXIMATE
NET WT 10 LBS (4.54 kg)

INGREDIENTS: CATFISH, WATER, YELLOW CORN MEAL,
*BLEACHED WHEAT FLOUR, SALT, MODIFIED FOOD STARCH,
LEAVENING(SODIUM BICARBONATE, SODIUM ALUMINUM
PHOSPHATE), SODIUM TRIPOLYPHOSPHATE, DEHYDRATED ONION,
PAPRIKA, PARTIALLY HYDROGENATED SOYBEAN OIL,
SPICES, *DRIED EGG WHITES, *WHEAT GLUTEN, SILICON
DIOXIDE(ADDED TO PREVENT CAKING), SODIUM
HEXAMETAPHOSPHATE, SODIUM ALGINATE, XANTHAN GUM.
CONTAINS: *WHEAT and *EGG INGREDIENTS.
NATURAL CATFISH PRODUCT MAY CONTAIN BONE.
U.S. FARM RAISED. A PRODUCT OF THE U.S.A.
PACK DATE: 601197



0 00 93901 33321 6

3445

Nutrition Facts

Servings Size 4 oz. (113g)
Servings per Container 40.

Amount Per Serving

Calories 180 Calories from Fat 60

		% Daily Value*
Total Fat	6g	9%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	720mg	30%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	13g	

Vitamin A 4% . Vitamin C 0%
Calcium 2% . Iron 6%

*Percent Daily Values are based on a
2000 calorie diet. Your daily values
may be higher or lower depending on
your calorie needs:

		2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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