

GFS Item# 611344/ Vendor # 3645

KEEP FROZEN RE-ORDER # 611344  
0001 INDIVIDUALLY QUICK FROZEN

# BREADED CATFISH NUGGETS

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



# 3645

Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings per Container 40			
<hr/>			
Amount Per Serving			
<hr/>			
Calories 180		Calories from Fat 60	
<hr/>			
		% 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:			
		Calories	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
<hr/>			
Calories Per gram:			
Fat 9 . Carbohydrate 4 . Protein 4			