



Beaver Street Fisheries Inc

00075391007464 - Swai Fillet Sknls Bnls 7/9 Oz

Sea Best Pangasius/Swai/Basa Fillets are high-quality, farm-raised, IQF Fillets, guaranteed all white meat produced exclusively in USDA-approved, BAP (Best Aquaculture Practices) 4-Star facilities in Vietnam. This is the highest and most thorough rating of sustainability and quality for farm-raised seafood and feed facilities in the world. Pangasius remains one of the most popularly sold and consumed seafood items in the American market with versatile uses and applications in virtually all kitchens.



* Benefits

Ingredients

Swai, water, potassium citrate, sodium tripolyphosphate (to retain moisture), salt.

Allergens

Contains:



May Contain:



Free From:



Nutrition Facts

Servings per Container 60
Serving size 4oz (112g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	15%
Sodium 470mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0µg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Uses New Nutritional Label: Yes

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serve with sides like rice pilaf, quinoa salad, roasted potatoes or sautéed vegetables for a center-of-the-plate approach. Or you can also serve this fish in entrées such as fish tacos, sandwiches, salads, wraps, soups and stews, stir-fry, curry, pasta, and any other dish as a delicious alternative to beef, chicken and pork.

Prep & Cooking Suggestions

This fish tastes delicious baked, sautéed or breaded and fried. Serve with sides, or in salads and sandwiches. Cook to an internal temperature of 145°F.

Product Specifications

Brand	Manufacturer	Product Category
SEA BEST	Beaver Street Fisheries Inc	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6120935	6120935	00075391007464	1	1/15 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
18.69lb	15lb	VNM	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18in	10.25in	6.25in	0.67ft3	9x7	1095DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	60kcal	Total Fat	0.5g	Sodium	470mg
Protein	14g	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•	0NIU	Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E	0mg	Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

