

6 OZ SWORDFISH STEAK

With a thick, meaty texture and full flavor, swordfish can be served simply or spiced up with herbs and marinades!

Brand		Manufacturer		Product Category		
Packers		Beaver Street Fisheries Inc.		Finfish Commodity		
MFG #		GTIN		Pack	Pack Desc.	
6217325		00075391014448		0	1/10 lbs	
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
11.60 lbs		10.00 lbs	Argentina			No
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.75 inches	8.50 inches	5.75 inches	0.42 cu ft	13x7	1095	-10.00 / 0.00 FAH

INGREDIENTS

Swordfish.

HANDLING

Keep frozen. Do not refreeze.

SERVING

Serve as entree.

PREP & COOKING

Cook to an internal temperature of 145°F.

Nutrition Facts

40 servings per container	
Serving size	112gr
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7gr	9%
Saturated Fat 2	0%
Trans Fat 0gr	0%
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 0	0%
Dietary Fiber 0gr	0%
Total Sugars 0gr	0%
Includes 0 Added Sugars	
Protein 22gr	

Vitamin D 15mcg	70%
Calcium 0mg	0%
Iron 0.43mg	2%
Potassium 468mg	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.

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

ALLERGENS

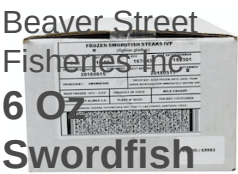
Free From
Milk, Eggs, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy

Contains
Fish

May Contain
Crustacean

Downloaded on August 8 2022 at 1:14:48 PM

Product information made available on this document relating to product claims or representations are expressly provided by the manufacturer who is responsible for its completeness and accuracy.



Steak

6 OZ SWORDFISH STEAK

NUTRITION ANALYSIS

Calories	160	Total Fat	7 gr	Sodium	90 mg
Protein	22 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	0	Saturated Fat	2	Iron	0.43 mg
Sugars	0 gr	TPolyunsaturated Fat	0 gr	Potassium	468 mg
Dietary Fiber	0 gr	Monounsaturated Fat	0 gr	Zinc	0
Lactose		Cholesterol	75 mg	Phosphorus	0
Vitamin A(IU)	0 NIU	Vitamin D	15 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0 mg	Niacin	0
Vitamin C	1.8 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0