



Beaver Street Fisheries Inc
Swai 7/9 Ounce Fillet Skinless Boneless
Individually Quick Frozen

SWAI 7/9 OUNCE FILLET SKINLESS BONELESS INDIVIDUALLY QUICK FROZEN



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.

Brand		Manufacturer		Product Category		
Sea Best		Beaver Street Fisheries Inc		Finfish Commodity		
MFG #		GTIN		Pack	Pack Desc.	
6120935		00075391007464		1	1/15 lbs	
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
18.69 lbs		15.00 lbs	Viet Nam			No
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.00 inches	10.25 inches	6.25 inches	0.67 cu ft	9x7	1095	-10.00 / 0.00 FAH

INGREDIENTS

Swai, Water, Potassium Citrate, Sodium Tripolyphosphate (to Retain Moisture), Salt.

HANDLING

Keep frozen. Do not refreeze.

SERVING

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

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.

Nutrition Facts

60 servings per container

Serving size 112gr

Amount Per Serving
Calories 60

% Daily Value*

Total Fat 0.5gr	1
Saturated Fat 0gr	0%
Trans Fat 0gr	0%
Cholesterol 50mg	17%
Sodium 470mg	20%
Total Carbohydrate 0gr	0
Dietary Fiber 0gr	0%
Total Sugars 0gr	0%
Includes 0 Added Sugars	0%

Protein 14gr

Vitamin D 0mcg	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.

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

ALLERGENS

Free From

Milk, Eggs, Molluscs, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy, Mustard, Sulphites

Contains

Fish

May Contain

Crustacean

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accuracy.



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NUTRITION ANALYSIS

Calories	60	Total Fat	0.5 gr	Sodium	470 mg
Protein	14 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	0 gr	Saturated Fat	0 gr	Iron	0 mg
Sugars	0 gr	TPolyunsaturated Fat	0 gr	Potassium	0 mg
Dietary Fiber	0 gr	Monounsaturated Fat	0 gr	Zinc	0
Lactose		Cholesterol	50 mg	Phosphorus	0
Vitamin A(IU)	0 NIU	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0 mg	Niacin	0
Vitamin C	0 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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