



Catfish

Extremely Versatile Fish

Source of Protein

Ocean Wise™ Approved Sustainable

Catfish

Both cost effective and Ocean Wise™ Approved Sustainable, Toppits Catfish Fillets & Nuggets compliment any menu. Known for its southern origin, this iconic fish is extremely versatile and can be baked, broiled, fried, grilled, or sautéed. Low in fat and low in saturated fatty acids, our Catfish is also a source of protein. If you're looking to add a sustainable fish to your menu, look no further than Toppits Catfish Fillets & Nuggets!



Features & Benefits

- Source of protein, low in fat and low in saturated fatty acids, making it a good choice for healthy menus
- Great value among white fish
- Extremely versatile fish lending itself to many different culinary styles
- Ocean Wise™ Approved Sustainable

Nutrition Facts Valeur nutritive	
Per 100 g / par 100 g	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 3 g	5 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 140 mg	6 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 14 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

Item	Description	Brand	Origin	Pack	SCC
CAT57G15	Catfish Fillets IQF 5-7 oz (Skinless/Boneless)	Guidrys	USA	1/15 lb	10068689109947
CAT79G15	Catfish Fillets IQF 7-9 oz (Skinless/Boneless)	Guidrys	USA	1/15 lb	10068689123721
CATNUG15	Catfish Nuggets	Guidrys	USA	1/15 lb	10068689123738



Recommended by the Vancouver Aquarium as ocean-friendly.

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