

TOPPITS®

QUALITY SINCE 1899



Catfish Fillets

Extremely Versatile Fish

Great Source of Protein

Ocean Wise Recommended



Catfish Fillets

Catfish is known for its iconic Southern origin and is a versatile fish species. It is a cost-effective option and can be used across many applications as it performs well when baking, frying and grilling. Low in fat and low in saturated fatty acids, Toppits Catfish fillets are also a great source of protein. It is Ocean Wise Recommended sustainable making it an excellent cost-effective sustainable choice to add to your menu.



Product Features

- Source of protein, low in fat and low in saturated fatty acids
- Cost-effective and great value alternative to other fish species
- Extremely versatile fish lending itself to many various culinary applications
- Ocean Wise Recommended



DEFROSTING INSTRUCTIONS

Thaw in refrigerator overnight in original packaging.
Do not refreeze!



Nutrition Facts		Valeur nutritive	
Per 100 g pour 100 g			
Calories 100		% Daily Value*	
Fat / Lipides 12 g			4 %
Saturated / saturés 0.5 g			3 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 0 g			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 0 g			0 %
Protein / Protéines 13 g			
Cholesterol / Cholestérol 60 mg			
Sodium 45 mg			2 %
Potassium 350 mg			10 %
Calcium 10 mg			1 %
Iron / Fer 0.3 mg			2 %
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

CAT57G15 & CAT79G15

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

Ictalurus punctatus | Farmed