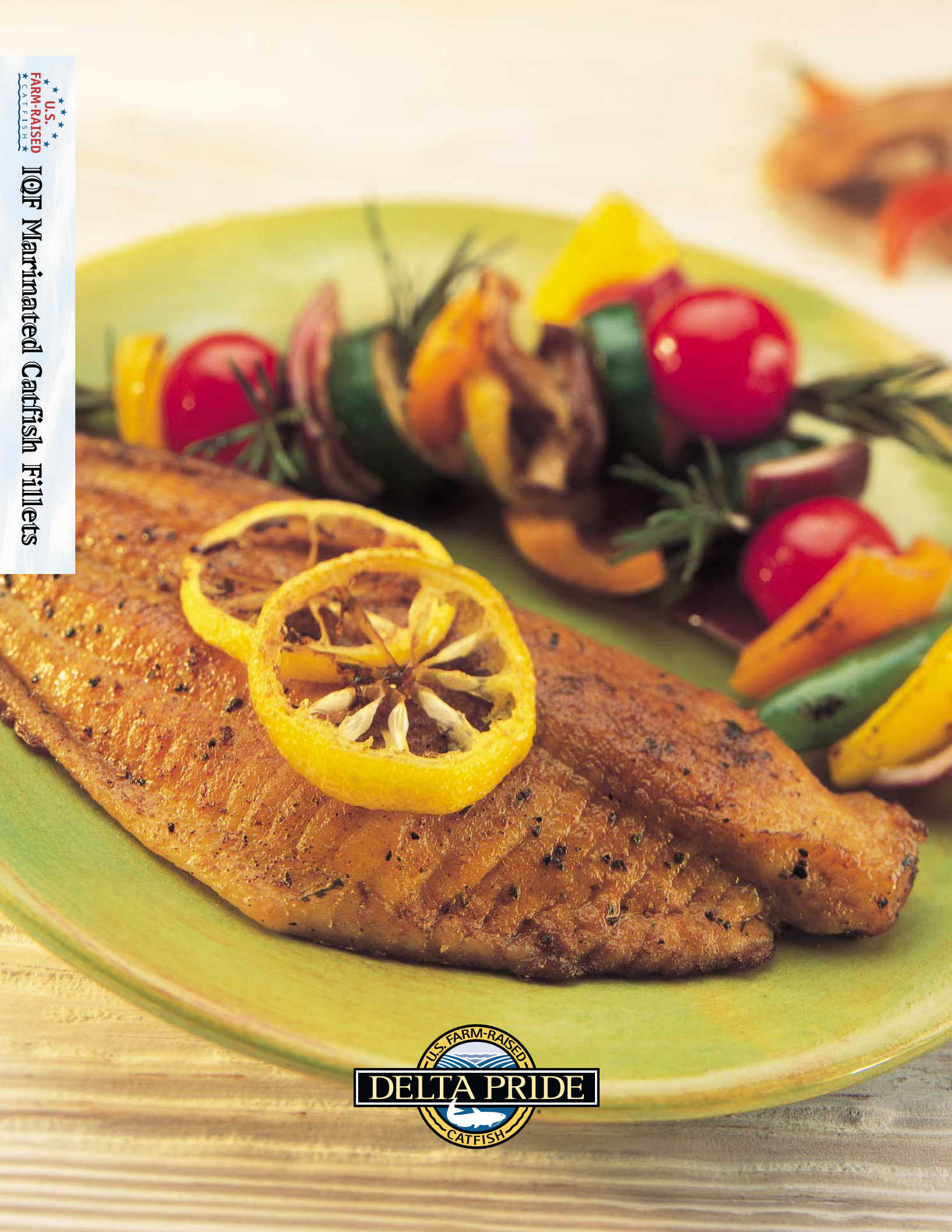
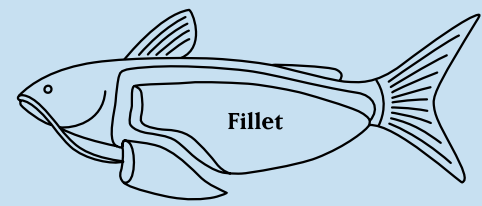


U.S.  
FARM-RAISED  
CATFISH

IQF Marinated Catfish Fillets





## Delta Pride IQF Marinated Catfish Fillets

When you choose Delta Pride, you're choosing America's premium farm-raised catfish.

From the farm through delivery, Delta Pride's quality inspection and flavor testing ensure a succulent, Southern treat with a mild, almost sweet flavor and a light, even texture.

Delta Pride Marinated Catfish Fillets are crafted with care, specially marinated to bring out that famous Delta Pride flavor. However you serve it — Lemon Pepper or Cajun-Style — you're serving the best when you ask for Delta Pride Marinated Catfish Fillets.

- For best results, thaw before cooking.

CODE	DESCRIPTION	SIZE	CASE WEIGHT	APPROXIMATE COUNT PER CASE	UPC CODE	PRICE/LB
S565	IQF Cajun-Style	5 oz.	15 lbs.	48	0 37017 25565 9	\$ <input type="text"/>
S566	IQF Lemon Pepper	5 oz.	15 lbs.	48	0 37017 25566 6	\$ <input type="text"/>

### Preparation Instructions

**Bake:** Preheat oven to 400° F. Bake frozen fillet 19 minutes. Bake thawed fillet 14 minutes.

**Broil:** Broil frozen fillet 14 minutes. Broil thawed fillet 10 minutes. Place oven rack in center of oven at least 6"-8" from heating element.

**Grilled:** Grill frozen fillet 6-9 minutes. Grill thawed fillet 5-6 minutes.

**Pan Sauté:** Sauté frozen fillet 7 minutes on each side. Sauté thawed fillet 6 minutes on each side.

**Microwave:** Cook frozen fillet on medium power for 9 minutes. Cook thawed fillet on medium power for 6 minutes.

**Note:** Oven temperatures may vary. Adapt these instructions to your own oven's heating pattern. The fillet is done when a fork slices through the thickest part of the fillet with little resistance, and the fish flakes easily.

### Nutritional Information (4-oz. serving size)

CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	SUGARS	PROTEIN
<b>CAJUN-STYLE MARINATED FILLETS</b>							
120	6g	1.5g	65mg	670mg	2g	<1g	18g
<b>LEMON PEPPER MARINATED FILLETS</b>							
140	8g	2g	60mg	470mg	0g	1g	17g

### Packaging Information

GROSS CASE WT.	NET CASE WT.	CASE DIMENSIONS (Inches)	CASE CUBE	PACK	PALLET PATTERN
16.3 lbs.	15 lbs.	15.812 x 11.562 x 6.875	0.73 cubic ft	1-15 lb.	10/10 high

