

NUTRITIONAL FACTS

CORKY'S BBQ



Southern Fried Fillet Catfish

Nutrition Facts	
varies servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 430mg	19%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 267mg	6%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Southern Fried Fillet Catfish Ingredient Statement:

SOUTHERN FRIED FILLET CATFISH CONTAINS UPTO 150/0 SOLUTION OF WATER SODIUM TRIPOLYPHOSPHATE AND SODIUM HEXAMETAPHOSPHATE BREADED WITH ENRICHED YELLOWCORN MEAL (YELLOW CORN MEAL, NIACIN, REDUCED IRON THIAMINE MONONITPATE RIBOFLAVIN, FOLIC ACID) YELLOW CORN FLOUR, WHEAT FLOUR, SALT, 2.5 OR LESS OF SPICES LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSHATE) SOYBEAN OIL, PAPRIKA, CITRIC ACID, DRIED ONION. BREADED WITH WATER, WHEAT FLOUR, YELLOW CORN FLOUR, SALT, MODIFIED FOOD STARCH, 2.25 OR LESS OF SPICES, LEAVENING DSODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSHATE) NATUPAL FLAVOR, TURMERIC EXTPACT, ANNATTO EXTPACT.