

# Swai Fillets



## Swai Fillets

*Our Fisherman's Pride® Brand Swai fillets are skinless, boneless, fully trimmed, and packed with only the finest quality on the market today.*

*This environmentally friendly specie, Pangasius Hypophthalmus; is farm raised in the Mekong River Delta of Vietnam. Farm raising in the fast flowing water of the Mekong River gives this product a clean fresh flavor, and delicate white flesh. Count on Fisherman's Pride® Brand, for the best Swai quality and value on the market.*



**"THE PRIDE OF THE INDUSTRY"  
RUGGIERO SEAFOOD, INC.**

*Distributors of Frozen Calamari and other Seafood Products*



# Swai Fillets

- 100% Yield
- High Protein
- No Preservatives

## Try Our Serving Suggestion

### Swai Fillet Kebabs

- 2 pounds defrosted Swai fillets, cut into 1-inch wide stripes
- 2 limes cut into slices
- Fresh squeezed Lime juice
- 2 Red Bell Peppers cut into 1-inch wide pieces
- 4 tablespoons olive oil
- 2 tablespoons chopped flat-leaf parsley
- Salt and fresh-ground black pepper to taste

### Preparation:

Roll up the Swai fillet strips and thread them alternately with the lime slices and Red Bell Pepper onto large skewers. Put the kebabs on a plate and brush them with olive oil, lime juice, and salt & pepper.

Grill the kebabs over low to moderately low heat, brushing with the olive oil, until the fish is just done, about 4 minutes per side. Garnish with parsley and serve.

Nutrition Facts	
Serving Size: 4 oz. (113 grams)	
Servings Per Container About 10	
Amount Per Serving	
Calories 70	Calories from Fat 13
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	2%
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Carbohydrates 0.0g</b>	<b>0%</b>
<b>Dietary Fiber 0.0g</b>	<b>0%</b>
Sugars 0.0g	
<b>Protein 14.0g</b>	
<b>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Energy	70 kcal
Protein	14.01 g
Total lipid (fat)	1.47g
Carbohydrate, by difference	~g
Fiber, total dietary	~g
Sugars, total	~g
Calcium, Ca	~mg
Iron, Fe	1.13 mg
Sodium, Na	210 mg
Vitamin C, total ascorbic acid	~mg
Vitamin A, IU	~ IU
Fatty acids, total saturated	0.452 g
Fatty acids, total trans	~g
Cholesterol	30 mg

## Packing Information

### Swai Fillets (*Pangasius Hypophthalmus*)

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
561-15	3-5 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	1/15 lbs.	15 lbs.	17 lbs.		16" x 11.25" x 5.5"	0.57	10 x 9 = 90
562-15	5-7 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	1/15 lbs.	15 lbs.	17 lbs.		16" x 11.25" x 5.5"	0.57	10 x 9 = 90
563-15	7-9 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	1/15 lbs.	15 lbs.	17 lbs.		16" x 11.25" x 5.5"	0.57	10 x 9 = 90
564-15	9-12 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	1/15 lbs.	15 lbs.	17 lbs.		16" x 11.25" x 5.5"	0.57	10 x 9 = 90
561-22/R	3-5 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	11/2 lbs.	22 lbs.	25 lbs.	0 46994 53001 7	15' x 11.25" x 9.25"	0.90	10 x 9 = 90
562-22/R	5-7 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	11/2 lbs.	22 lbs.	25 lbs.	0 46994 53002 4	15' x 11.25" x 9.25"	0.90	10 x 9 = 90
563-22/R	7-9 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	11/2 lbs.	22 lbs.	25 lbs.	0 46994 53003 1	15' x 11.25" x 9.25"	0.90	10 x 9 = 90
564-22/R	9-12 oz. Swai Fillet Boneless, Skinless	Product of Vietnam	Pangasius	11/2 lbs.	22 lbs.	25 lbs.	0 46994 53004 8	15' x 11.25" x 9.25"	0.90	10 x 9 = 90



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