

CONWAY

PRODUCT OF HONGKONG
TILAPIA FILLETS

Packed For: HAIHONG TRADE CO., LIMITED
Address: ROOM32.11/ LEE KA INDUSTRIAL BUILDING
8 NG FONG STREET, SAN PO KONG, KOWLOON, HONGKONG
Tel: +86 13823295349 Email: Jeff@cntran.com

Gross Weight: 23.5 Lbs
Net Weight: 22 Lbs (fish 80%, ice 20%)
Net Weight: 17.6 Lbs

300-400
 400-500
 500-600
 SIZE (GR/PC)

Production Date: 01/05/2019
 Best used by: 01/05/2021
 P.O # / Lot #: 20190105

Nutrition Facts

Serving Size 100g
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories: 45.2kcal		Calories from Fat: 8.91kcal	
Total Fat:	0.99g	1.62%	
Saturated Fat:	0.4g	2%	
Trans Fat:	0g		
Cholesterol:	28.2mg	9%	
Sodium:	686.8mg	28.6%	
Total Carbohydrate:	0g	0%	
Dietary Fiber:	0g	0%	
Sugars:	0g		
Protein:	9.31g		
Vitamin A:	0IU	0%	
Vitamin C:	0mg	0%	
Calcium:	8.27mg	0.83%	
Iron:	0.11mg	0.58%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:








	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 Carbohydrates 4 Protein 4

Ingredients: Fish, Water, Salt, Citric Acid, Potassium Citrate, Pentasodium Triphosphate, Tetrasodium Diphosphate
 Contains: Fish

Safe Handling Instructions

This product was prepared from inspected and approved fish. Some food products may contain bacteria that could cause illness if not handled properly. For your protection, please follow these safe handling instructions.

-  Keep refrigerated or frozen
-  Thaw in refrigerator or microwave
-  Keep raw fish separate from other foods
-  Wash working surfaces (sink, cutting boards, utensils and hands) after touching raw fish
-  Cook thoroughly
-  Keep hot foods hot
-  Refrigerate leftovers

KEEP FROZEN 0°F (-18°C) OR LOWER

300-400 400-500 500-600
 SIZE (GR/PC)

Production Date: 12/03/2018
 Best used by: 12/03/2020
 P.O. # / Lot #: 20181203

Nutrition Facts

Serving Size: 100g
 Servings Per Container: 1

Amount Per Serving	% Daily Value *
Calories: 46.2kcal	
Total Fat: 99g	1.52%
Saturated Fat: 4g	2%
Trans Fat: 0g	
Cholesterol: 0g	0%
Sodium: 28.6%	
Total Carbohydrate: 0g	0%
Dietary Fiber: 0g	0%
Sugars: 0g	
Protein: 0g	
Vitamin A: 0%	
Vitamin C: 0%	
Calcium: 0.83%	
Iron: 0.58%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrates 4 Protein 4

Ingredients: Fish, Water, Salt, Citric Acid, Potassium Citrate, Pentasodium Triphosphate, Tetrasodium Diphosphate (to retain moisture).
 Contains: Fish

Safe Handling Instructions

This product was prepared from inspected and passed fish. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- Keep refrigerated or frozen
- Thaw in refrigerator or microwave
- Keep raw fish separate from other foods
- Wash working surfaces (including cutting boards) utensils and hands after touching raw fish
- Cook thoroughly
- Keep hot foods hot
- Refrigerated leftover immediately or discard

KEEP FROZEN 0°F (-18°C) OR LOWER

300-400 400-500 500-600
 SIZE (GR/PC)

Production Date: 11/13/2018
 Best used by: 11/13/2020
 P.O. # / Lot #: 20181113

Nutrition Facts

Serving Size: 100g
 Servings Per Container: 1

Amount Per Serving	% Daily Value *
Calories: 46.2kcal	
Total Fat: 0.99g	1.52%
Saturated Fat: 0.4g	2%
Trans Fat: 0g	
Cholesterol: 28.2mg	
Sodium: 686.8mg	
Total Carbohydrate: 0g	0%
Dietary Fiber: 0g	0%
Sugars: 0g	
Protein: 8.31g	
Vitamin A: 0%	
Vitamin C: 0%	
Calcium: 8.27mg	3%
Iron: 0.11mg	1%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrates 4 Protein 4

Ingredients: Fish, Water, Salt, Citric Acid, Potassium Citrate, Pentasodium Triphosphate, Tetrasodium Diphosphate (to retain moisture).
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