



Pangasius
Hypophthalmus

Nutrition Facts

Pangasius

Serving Size: fillet (143g)

Amount Per Serving

Calories 206 Calories from Fat 93

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2.3g 12%

Trans Fat 0.1g

Polyunsaturated Fat 1.9g

Monounsaturated Fat 4.5g

Cholesterol 94mg 31%

Sodium 170mg 7%

Potassium 523mg 15%

Total Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 26g

Vitamin A 0.1%

Vitamin C 0%

Calcium 1%

Iron 2.2%

* Percent Daily Values are based on a 2000 calorie diet.



JEL SEAFOODS

Fillets



Latin Name: (Scientific Name): Pangasius Hypophthalmus

Specification: Frozen, Skinless, boneless, red meat off, belly off, fat off

Treatment: European Standard, No Chemical

Sizes: 170 gr - 220 gr, 220 gr - 270 gr, 500 gr + and over

Glazing: 0%, 5%, 10%, 15%, 20%

Packing: 1 Kg Package IQF Frozen, Bulk 10 Kg Package Block Frozen

Frozen Type: IQF (Individually Quick Frozen), Block

Cutting Type: Fillet, Medallion Cut

Meat Color: White, Light Pink

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PANGASIUS

Pangasius hypophthalmus is a freshwater fish belonging to the family of pangasiidae. It is native to Vietnam and is currently grown in other countries such as Nepal, Bangladesh, Myanmar, China, Malaysia, Taiwan, the Philippines, Singapore, and India



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