Coast to Coast IMPORTING

STRIPED PANGASIUS
SWAI

The soaring popularity of swai also known as striped pangasius, tra, sutchi or basa has been turning the heads of chefs and diners alike – even inspiring some seafood lovers to proclaim it "the next tilapia". It's easy to understand the culinary buzz – the firm, boneless fillets are sweet, mild and make a healthy addition to any low fat diet. This clean, tasty fish cooks up quickly and adapts to a wide range of recipes. Asian flavors and sauces work deliciously with swai. Even the "old reliables" – fish & chips or southern cornmeal coatings – are outstanding with swai as the centerpiece.

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STRIPED PANGASIUS

PRODUCT FORMS

Skinless & Boneless Fillets
3-5, 5-7, 7-9 oz

COOKING METHODS & APPLICATIONS

Broiling • Grilling • **Baking** • Sautéing • **Pan-Frying** • **Deep-Frying** • Poaching • **Steaming** • Braising • Stewing

- Fillets can be used in stews, chowders & salads
- Swai is successfully accented with marinades, sauces, rubs & flavored butters
- Aquaculture has been perfected resulting in very clean tasting fillets
- A new fish to the culinary scene

SELLING POINTS

- Consistent quality
- Available year round
- Great value in whitefish
- Delicate texture
- A healthy choice – lean and healthy with only 2 grams of fat per 4oz serving

Nutrition Facts
Serving Size 4 oz (113g)
Servings Per Container about 3

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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HARVEST MAP

Pangasius Swai
Pangasius hypophtalmus
Season: Year Round

Harvesting areas
Processing Centers

FISHING METHOD

Farm Raised

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