



WILD, FRESH, SUSTAINABLE

CHESAPEAKE BAY BLUE CATFISH

Visit Booth #1617 to Sample Wild Blue Catfish Fillets

Nutrition Facts

varied servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 45mg	15%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1.3mcg	6%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 350mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

This firm delicate flavored fish is harvested in the tidal waters of Virginia, and is available year-round. Unlike its bottom-feeding cousins the Blue Catfish is a predatory fish feeding on all types of fish and crustaceans.

For more info visit www.virginiaseafood.org or email us at infovaseafood@vdacs.virginia.gov