



Swai

Swai is a quick-growing, freshwater fish almost exclusively farmed in Vietnam. Swai is widely considered conducive to sustainable aquaculture because of the low fish protein requirement, high feed conversion, rapid growth rate, and low risk of fish escape in the farming regions. The aquaculture in Vietnam has advanced rapidly in the last decade, allowing the industry to provide a high-quality fish at a great value. Swai is a versatile fish adaptable to a number of cooking methods, although frying is most popular. Fillets retain moisture well and readily absorb flavors during cooking. The mild, sweet flavor and delicate, moist texture have made this delicacy very popular among chefs, restaurant chains, and retail establishments.



* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Tra, swai

Market Name Tra, pangasius, sutchi, striped catfish

Scientific Name *Pangasius hypophthalmus*

PRODUCT INFORMATION

Fillets (skinless)

- Sizes: 6- to 8-oz. / 8-oz. Up
- Pack Types: Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

Sustainability Information

Swai Sustainability Letter

Recipes

- Fried Swai
- Lemon Pepper Swai
- Simple Baked Swai

Nutritional Facts

Serving Size: 3.5 oz.
 Calories: 88
 Fat Calories: 36
 Total Fat: 4 g
 Cholesterol: 45 mg
 Protein: 13 g
 Iron: 0 mg
 Sodium: 50 mg

