



10 Lb (4.54 kg) IQF Rockfish Fillets 3-5 oz, MSC

FPI IQF Rockfish Fillets are wild caught and individually quick frozen for freshness. Rockfish is lean with a delicate nutty sweet flavor and medium firm flaky texture to fit a range of recipes and applications – from baking and broiling, to poaching and deep frying. An affordable, extremely versatile option that can enliven any number of recipes you have in mind.

Product Last Saved Date: 01 July 2025



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g/About 1 Fillet)

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	19%
Sodium 150 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 16 g	
Vitamin D 1.3 mcg	6%
Calcium 30 mg	2%
Iron 0 mg	0%
Potassium 200 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
1063235	10073538632354	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	China	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.4469 INH	9.8219 INH	5.2687 INH	0.4326 FTQ	12x8	547 Days	-10 FAH / 0 FAH

Ingredients :

ROCKFISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (ROCKFISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pacific Ocean Perch - Sebastes alutus

Serving Suggestions:

Makes the perfect entrée regardless of preparation. Also ideal for sandwiches or a flavorful addition to chowders. Pairs well with a variety sauces and sides.

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

