

10 Lb (4.54 kg) IQF Ocean Perch Fillets 2-3 oz

FPI Choice IQF Ocean Perch Fillets preserve the freshness of this species' mild flavored, pleasingly firm texture. These recipe-ready fillets are an extremely versatile, affordable option for your menu, with excellent plate coverage, consistency and appeal for a range of applications.

Product Last Saved Date: 11 December 2025



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1 1/2 pieces)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 60 mg **20%**

Sodium 330 mg **14%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 17 g

Vitamin D 1.4 mcg 8%

Calcium 30 mg 2%

Iron 0.2 mg 2%

Potassium 210 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
1063213	10035493632138	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.852 LBR	10 LBR	IS, CA	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.472 INH	11.535 INH	4.764 INH	0.492 FTQ	10x8	540 Days	-10 FAH / 0 FAH

Ingredients :

OCEAN PERCH CONTAINS: OCEAN PERCH (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

Prep & Cooking Suggestions:

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

Species / Scientific Name:

Perch - *Sebastes mentella*, *Sebastes fasciatus*, *Sebastes alutus*, *Sebastes norvegicus*

Serving Suggestions:

Ideal for lunch entrées, kid's menus, or all-you-can-eat occasions. Pairs well with a variety of sauces and sides of your choosing.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

