



1/10 LB IQF Ocean Perch Fillets 2-3 oz

Fishery Product 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: 31 March 2025



Nutrition Facts

32 Servings per container
Serving Size 5 oz (140g / About 2 Fillets)

Amount Per Serving
Calories **110**

	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1 g	0%
Trans Fat 0 g	
Cholesterol 70 mg	23%
Sodium 190 mg	8%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 21 g	
Vitamin D 1.6 mcg	8%
Calcium 40 mg	2%
Iron 0 mg	0%
Potassium 250 mg	6%

* 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	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
14.500 INH	9.875 INH	4.875 INH	0.4040 FTQ	12x8	540 Days	-10 FAH / 0 FAH

Ingredients :

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

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:

Perch - Sebastes mentella, Sebastes fasciatus, Sebastes alutus

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:

