

# EUROPEAN WALLEYE FILLET

## S P E C S H E E T

**Specie:**

Sander Lucioperca

**Sizing - Format:**

2-4 oz IQF ( 1 X 5 kg ) #26

4-6 oz IQF ( 1 X 5 kg ) #13

6-8 oz IQF ( 1 X 5 kg ) #11

6-8 oz IQF boned ( 1 X 5 kg ) #158

8-10 oz IQF ( 1 X 5 kg ) #12

**Origin:** Poland, Kazakhstan

**Fishing type :** Wild Caught

**Processed in:** Poland, Kazakhstan

**Texture and Taste:** Delicate almond taste,  
tender and sweet

**Features:**

Available boned in 6-8 oz

Skin on

IQF Product

**Ingredients:**

European Walleye

**Shelf life:**

24 months after freezing date

Freezer : -18 C or less

Fridge : 48 hours

**Do not refreeze thawed product**



<b>Valeur nutritive Nutrition Facts</b>	
Par filet (125 g) / Per fillet (125 g)	
	% valeur quotidienne * % Daily Value*
<b>Calories 104</b>	
<b>Lipides / Fat 1,35 g</b>	2 %
saturés / Saturated 0,25 g	1 %
+ trans / Trans 0 g	0 %
<b>Glucides / Carbohydrate 0 g</b>	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
<b>Protéines / Protein 23 g</b>	
<b>Cholestérol / Cholesterol 88 mg</b>	
<b>Sodium 71 mg</b>	3 %
Potassium 425 mg	7 %
Calcium 68 mg	6 %
Fer / Iron 0,40 mg	3 %

\* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**  
\* 5% or less is **a little**, 15% or more is **a lot**