

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

Contains / Allergen :

Fish

Shelf life:

24 months after freezing date

Freezer : -18 C or less

Fridge : 48 hours

Do not refreeze thawed product



Valeur nutritive Nutrition Facts	
Par filet (125 g) / Per fillet (125 g)	
	% valeur quotidienne * % Daily Value*
Calories 104	
Lipides / Fat 1,35 g	2 %
saturés / Saturated 0,25 g	1 %
+ trans / Trans 0 g	0 %
Glucides / Carbohydrate 0 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 23 g	
Cholestérol / Cholesterol 88 mg	
Sodium 71 mg	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	