PERCH FILLET SKIN ON

SEA BEST | 1 POUND

Sea Best Ocean Perch Fillets are responsibly wild caught in their native cold waters, ensuring premium quality. These boneless, skin-on fillets offer a mild, slightly sweet flavor with a delicate, flaky texture, making them a proven favorite among white fish options. Ideal for home cooks seeking quick, flavorful meals, these fillets cook in minutes and deliver satisfying results with minimal preparation. Naturally moist and resistant to overcooking, ocean perch performs well across a variety of cooking methods and hearty applications such as soups and stews. Each fillet is individually vacuum packed for optimal freshness and packaged in a retail-ready resealable bag for convenience.

PRODUCT BENEFITS

Wild Caught Skin-on Fillets Retail-ready resealable bag Ready-to-cook

ITEM ID

00075391013199

ALTERNATE ITEM

75241617524164

MANUFACTURER

Beaver Street Fisheries

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	48
Serving size	4 Ounce112 Gram 4oz (112g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Cholesterol 60mg	20%
Sodium 320mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 17g	0%
Vitamin D 1.35mcg	6%
Calcium 31mg	2%
Iron 0.25mg	2%
Potassium 209mg	4%

The % Daily Value (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.

INGREDIENT STATEMENT

Perch, Sodium Tripolyphosphate (To Retain Moisture)

ALLERGEN

Contains:Fish and their derivatesFree from:Eggs and their derivatesFree from:Milk and its derivatesFree from:Peanuts and their derivatesFree from:Sesame Seeds and their derivatesFree from:Soybean and its

ALLERGEN STATEMENT

CONTAINS:
Fish or Fish Derivatives
FREE FROM:
Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F.

USAGE INSTRUCTIONS
TO THAW: Remove fillets from vacuum wrap. Place in a bowl of cool water until completely thawed or place in refrigerator for 24 hours or until thawed. Ocean Perch is best prepared by baking, broiling, pan-searing, or frying. Cook to an internal temperature of 145°F.

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
CHINA
CANADA

ARRIVAL LIFESPAN (DAYS)
180

PRODUCTION LIFESPAN (DAYS)
730