



Buffalo

Ictiobus Cyprinellus

Nutrition Facts

Serving Size 1 fillet

Amount Per Serving

Calories 257 **Calories from Fat 52**

% Daily Values*

Total Fat 5.74g	9%
Saturated Fat 1.449g	7%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 119mg	40%
Sodium 169mg	7%
Potassium 962mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 48.1g	

Vitamin A 5%	Vitamin C 0%
Calcium 5%	Iron 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

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Buffalo Fish is a genus of freshwater fish that is common in the United States but also found in Canada. It is sometimes mistaken for carp with its flat faces and large, silver scales running along the body. It lacks the whisker-like mouth appendages common to the carp. Buffalo fish live in most types of freshwater bodies where panfish are found, such as ponds, creeks, rivers, and lakes.

Recreational fishing for Buffalo fish is not very popular, because the fish are very difficult to catch. Once Buffalo fish are caught on the line it can put up a pretty good fight. The preferred method of catch is gill nets. These nets are set by hand during the night where it is most effective.

Harvested from the Great Lakes, Presteve Foods is able to provide Quality processed Buffalo fish. Presteve Foods offer Buffalo fish packaged to the customer's specifications. Fresh products are sporadically available from springtime through the end of the year.