



# Carp

Cyprinus carpio

## Nutrition Facts

Serving Size 1 fillet

Amount Per Serving

**Calories 00**      **Calories from Fat 00**

% Daily Values\*

<b>Total Fat</b> 5.74g	0%
Saturated Fat 1.449g	0%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
<b>Cholesterol</b> 119mg	0%
<b>Sodium</b> 169mg	0%
<b>Potassium</b> 962mg	
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars -	
<b>Protein</b> 48.1g	

Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

\* 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

## Carp

### Cyprinus carpio

The Common Carp is a widespread freshwater fish of waters in lakes and large rivers. The wild populations are considered vulnerable to extinction, but the species has also been domesticated and introduced into environments worldwide. It is related to the common goldfish, which is capable of interbreeding. The carp dates back over 2000 years ago and was first documented by the Romans.

Carp are typically slimmer, with a long body length, ref flesh and a protruding mouth. They can grow to a maximum of 120 centimeters. And can reach a weight over 88 pounds. The oldest recorded carp was recorded at 65 years old. The heaviest recorded carp caught was 94 pounds. Carp prefer large bodies of slow or standing water and soft, vegetative sediments.

Presteve Foods handles Carp all year round, and is available Whole Round Fresh.