



Crappie

Pomoxis Annularis – White
Pomaxis Nigromaculatus - Black

Nutrition Facts

Serving Size 3.5oz

Amount Per Serving

Calories 79 Calories from Fat 7.2

% Daily Values*

Total Fat 0.8g	1%
Saturated Fat 1.449g	
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 80mg	27%
Sodium 169mg	0%
Potassium 962mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 10g	

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

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The Crappies are a North American freshwater fish in the Sunfish family. Both species are popular game fish. The Crappie species are highly regarded game fishes and are often considered to be among the best tasting freshwater fish. Because of their diverse diets, crappies may be caught in many ways, including casting light jigs, trolling with minnows or artificial lures, using small spinner baits, or using bobbers.

The average size of a crappie is between one half and one pound, though they are known to grow much larger. Crappies are prolific breeders that will overpopulate small bodies of water very quickly if the population is not controlled. Coloration of Crappie is dark on the top and silver-olive and bronze on the side and belly. The body is compressed and deep-bodied, with heavy, irregular spotting over the head, body and fins. Crappies have seven or eight spines on the dorsal fin, which is large and equal in size with the rear fin.

Presteve Foods handles Crappie all year round, with its size being the only variation throughout the year. Since they have such a great taste, you can cook them just about any way you like. Pan frying, baking or barbecue is the most popular methods. Crappie is packed to the customer's specifications and available year round. Available in Whole Round IQF and IQF fillet.