



European Lake Perch

Perca fluviatilis

Nutrition Facts

Serving Size 4 oz Raw

Amount Per Serving

Calories 100

% Daily Values*

Total Fat 1g	2%
Saturated Fat 1.449g	0%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 100mg	33%
Sodium 75mg	3%
Potassium 962mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 22g	
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Vitamin A *%	Vitamin C 2%
Calcium 8%	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

European Lake Perch

Perca fluviatilis

European Lake Perch are the larger cousins to North American Yellow Perch, all of which are in the same family. Their origins are from Northern and central Europe from Siberia to as far west as the United Kingdom.

European Lake Perch has fine white meat, a delicate taste with a firmer texture, highly prized with a long history in fine continental cuisines throughout Europe.

With 12 months of the year representation in Europe, Presteve Foods closely monitors catches. Presteve Foods carefully selects only the finest processor and supervises production to provide the finest finished product available.

Refrigerated containers with up to 19 metric tons of frozen fillets regularly shipped from our approved plants directly to the Presteve Foods modern cold storage and plant facilities in Wheatley. They immediately undergo further exhaustive checks to ensure product achieves Presteve's quality standards and falls under our Canadian Food Inspection Agency (CFIA) approved QMP/HACCP plan.

Catches of European Lake Perch are best in spring and fall with availability of our IQF (Individually Quick Frozen) fillets usually year round. Presteve European fillets, graded for size, prepared skin-on and glazed to protect them in the freezer. The individual fillets can be prepared using your favorite recipe and served in minutes from freezer to plate.