



Norther Pike

Esox lucius

Nutrition Facts

Serving Size 1/2 fillet

Amount Per Serving

Calories 174 Calories from Fat 12

% Daily Values*

Total Fat 1.37g	2%
Saturated Fat 0.234g	1%
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 0.311g	
Cholesterol 77mg	26%
Sodium 77mg	3%
Potassium 513mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 38.13g	

Vitamin A 3%	Vitamin C 12%
Calcium 11%	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

Norther Pike

Esox lucius

Northern Pike is a freshwater fish native to North America. They are found all over North America and prefer freshwater. The Northern Pike is a cool-water species and its habitat is usually warm, slow, heavily vegetated rivers or the weedy bays of lakes. The Northern Pike spawns in the spring immediately after the ice melts. The breeding grounds include areas that flood only in the spring and early summer and may be dry the remainder of the year. In most areas of Canada, the Northern Pike is both a commercial fish and a sport fish. Anglers enjoy Pike as they are aggressive. The Northern Pike is an excellent food fish, which is marketed fresh and frozen.

Northern Pike are most often olive green, shading from yellow to white along the belly. Sometimes the fins are reddish. Younger Pike have yellow stripes along a green body, later the stripes divide into light spots and the body turns from green to olive green. Pike grow to a relatively large size; lengths of 59 inches and weigh 55 pounds are not unheard of.

The flesh of the Northern Pike is white and mild-tasting. They have long been a historical cuisine and are popular fare in Europe.

Presteve Foods provides Northern Pike in a variety:

- Fresh head-on dressed
- Fresh headless dressed
- Skin-on fillets
- Skin-off fillets
- Frozen sleeved head-on dressed
- Frozen sleeved headless dressed
- IQF skin-on fillets
- IQF skinless fillets