



White Bass

(Morone chrysops)

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 114 **Calories from Fat 33**

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1.449g	4%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 68mg	23%
Sodium 70mg	3%
Potassium 962mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 19g	
Vitamin A 2%	Vitamin C 3%
Calcium 8%	Iron 8%

* 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

White Bass

(Morone chrysops)

White Bass are distributed widely across the United States. They inhabit large rivers and reservoirs. The species main color is silver-white to pale green. Its back is dark, with white sides and belly.

White Bass has been harvested from the Great Lakes for over 25 years. White Bass is very popular with ethnic cultures because of its large size and reasonable price. The large volumes produced off only Lake Erie make it a consistent option for consumers to rely on most months of the year. White Bass has a stronger taste, darker meat and a firm texture. The vertical stripes on the skin make it an attractive item in a seafood counter. White Bass fillets are larger in size than White Perch and are consistent. White Bass is great for pan frying, coating and deep frying or broiling.

Presteve Foods has White Bass available in Medium & Large Fresh Whole Round packed in 60lb. boxes. We also pack Whole IQF Bass in 22lb. or 33lb. boxes. Skin-on IQF Fillets are available in 2-5oz. Single cut 11lb. boxes.