

# Alda Brand Perch Item Codes

PRODUCT CODE	PRODUCT	SIZE	WEIGHT per UNIT	UNITS per CASE
551	IQF Perch Fillets (Skin On)	2 - 4 oz.	10 lbs.	4 x 10 lbs.
555	IQF Perch Fillets (Skin On)	4 - 6 oz.	10 lbs.	4 x 10 lbs.
557	IQF Perch Fillets (Skin On)	6 - 8 oz.	10 lbs.	4 x 10 lbs.

# Alda Brand Perch Nutritional Facts

Nutrition Facts	
Perch	
Amount Per 4 oz (113.3 g) ▾	
Calories 133	
	% Daily Value*
<b>Total Fat</b> 1.3 g	2%
Saturated fat 0.3 g	1%
Polyunsaturated fat 0.5 g	
Monounsaturated fat 0.3 g	
<b>Cholesterol</b> 131 mg	43%
<b>Sodium</b> 89 mg	3%
<b>Potassium</b> 389 mg	11%
<b>Total Carbohydrate</b> 0 g	0%
Dietary fiber 0 g	0%
<b>Protein</b> 28 g	56%
Vitamin A	0%
Calcium	11%
Vitamin B-6	5%
Magnesium	10%
Vitamin C	3%
Iron	7%
Vitamin B-12	41%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.