

NORDIC  GROUP

## LAKEFISH



**E**xpanding upon our product portfolio in wild caught and farm raised ocean fish, Nordic Group has developed a fresh water Lakefish category. Our sourcing partnerships in Eastern Europe, Central Asia and North America offer a consistent supply of quality products to meet the demands of our customers. With our diverse sources of fresh water fish, we're able to deliver Fjord Fresh brand products in a range of species, forms and price points.



Wild Caught European Pike Perch, Zander and Lake Perch Fillets. Wild Caught North American Walleye, Yellow Perch, Bluegill.

[www.nordicgroupusa.com](http://www.nordicgroupusa.com)

**Nordic Group Code**      **Case Pack**      **Description**      **Unit Cost**



**European Lakefish**  
Wild Caught

**IQF PIKE PERCH Skin On Fillets PBI**

N134000G	1/11 lbs.	2-4 oz.	\$/lb
N134100G	1/11 lbs.	4-6 oz.	\$/lb
N134200G	1/11 lbs.	6-8 oz.	\$/lb
N134300G	1/11 lbs.	8-10 oz.	\$/lb
N134400G	1/11 lbs.	10-12 oz.	\$/lb

**IQF PIKE PERCH Skinless Fillets PBI**

N131000G	1/11 lbs.	2-4 oz.	\$/lb
N131100G	1/11 lbs.	4-6 oz.	\$/lb
N131200G	1/11 lbs.	6-8 oz.	\$/lb
N131300G	1/11 lbs.	8-10 oz.	\$/lb
N131400G	1/11 lbs.	10-12 oz.	\$/lb

**IQF ZANDER Skin On PBI**

N134600G	1/11 lbs.	10-20 g	\$/lb
N134700G	1/11 lbs.	20-40 g	\$/lb
N134800G	1/11 lbs.	40-60 g	\$/lb
N134900G	1/11 lbs.	60-80 g	\$/lb

**IQF LAKE PERCH Skin On Fillets PBI**

N134B00G	1/11 lbs.	20-40 g	\$/lb
N134C00G	1/11 lbs.	40-60 g	\$/lb

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**North American Lakefish**  
Wild Caught

**IQF WALLEYE Skin On Fillets PBI**

O13CS00G	1/11 lbs.	2-4 oz.	\$/lb
O13ET00G	1/11 lbs.	4-6 oz.	\$/lb
O13EU00G	1/11 lbs.	6-8 oz.	\$/lb
O13EV00G	1/11 lbs.	8-10 oz.	\$/lb
O13EW00G	1/11 lbs.	10-12 oz.	\$/lb

**IQF YELLOW PERCH Skin On Fillets PBI**

O137000G	1/11 lbs.	Medium Splits	\$/lb
O137100G	1/11 lbs.	Large Splits	\$/lb
O135010G	1/11 lbs.	Medium Butterfly	\$/lb
O135020G	1/11 lbs.	Large Butterfly	\$/lb

**IQF BLUEGILL Skin On PBI**

O130070G	1/11 lbs.		\$/lb
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**Pikeperch/Zander, Raw**

**NUTRITION FACTS** Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 2g (3% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). **Cholesterol** 95 mg (32% DV) **Sodium** 55mg (3% DV). Potassium 0g. **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 21 g (42% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.

**Walleye, Raw**

**NUTRITION FACTS** Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 2 g (3% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). Cholesterol 95 mg (32% DV) Sodium 55mg (2% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 21 g (42% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium 10% DV. Iron 8% DV. Percent Daily Values are based on a 2000 calorie diet.

**Yellow Perch, Raw**

**NUTRITION FACTS** Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 1g (1.5% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). Cholesterol 100 mg (33% DV) Sodium 75mg (3% DV). Potassium 0g. **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 22 g (44% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium 8% DV. Iron 6% DV. Percent Daily Values are based on a 2000 calorie diet.

**For additional Lakefish Nutritional Information, go to [www.nordicgroupusa.com](http://www.nordicgroupusa.com).**