



# Premium wild-caught North Atlantic OCEAN PERCH



Net weight 8 oz. (227g) 2 servings

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

Our GO WILD™ Ocean Perch is 100% wild-caught from the rugged waters of the North Atlantic, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced ocean perch tonight.

*Wild-caught with care, easy to prepare.*

**Cooking Instructions:** Remove ocean perch fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

## Nutrition Facts

Serving Size 4 oz. (113g)		Servings Per Container 2	
<b>Amount Per Serving</b>		<b>Calories from Fat 15</b>	
<b>Calories 90</b>			
<b>% Daily Value*</b>			
<b>Total Fat 1.5g</b>		<b>2%</b>	
Saturated Fat 0g		0%	
Trans Fat 0g			
<b>Cholesterol 60mg</b>		<b>20%</b>	
<b>Sodium 320mg</b>		<b>13%</b>	
<b>Total Carbohydrate 0g</b>		<b>0%</b>	
Dietary Fiber 0g		0%	
Sugars 0g			
<b>Protein 17g</b>			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 2%	

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recommended daily value of protein: 50g

**INGREDIENTS:**  
North Atlantic Ocean Perch  
**CONTAINS:** Fish  
Product of USA

Packed by Mariner Seafood, LLC, New Bedford, MA.  
GO WILD is a trademark of Mariner Seafood, LLC.

Visit [www.gowildseafood.com](http://www.gowildseafood.com)  
for great recipes and tips today!



SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Ocean Perch	North Atlantic	8-8269494801-7	00882694948017	20 x 8 oz.	17" x 12" x 8"	6x10	600lbs.



Taste the difference wild-caught makes!

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



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