



SALMON, ATLANTIC 8 OZ PORTION BONELESS-SKINLESS RAW FROZEN



ATLANTIC SALMON FILLETS 8 OZ

Product Last Saved Date:30 July 2015

Nutrition Facts

Serving Size: 226 GR

Number of Servings per Package: 20

Amount Per Serving

Calories: 400 Calories from Fat: 210

% Daily Value*

Total Fat	24 g	37%
Saturated Fat	5 g	25%
Trans Fat	0 g	
Cholesterol	130 mg	43%
Sodium	230 mg	10%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	43 g	

Vitamin A	Per Srv	2%	Vitamin C	Per Srv	15%
Calcium		2%	Iron		4%

*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
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
421348	649568	00028029213485	1 X 10 LB	1X4.54KG CASE

Brand	Brand Owner	GPC Description
Trident Seafoods	Trident Seafoods Corp.	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12 LB	10 LB	Chile	No	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 IN	10 IN	6.25 IN	0.543 CF	12x7	720 Days	-9 FA / 0 FA

Ingredients :

ATLANTIC SALMON, WATER, SALT, ASTAXANTHIN. CONTAINS: FISH (SALMON).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - C	Crustacean - N	Nuts - N

Handling Suggestions :

KEEP FROZEN AT 0°F UNTIL READY TO USE.; FOR BEST RESULTS, THAW BEFORE COOKING.; TO THAW, REMOVE ALL PACKAGING AND REFRIGERATE BELOW 38°F FOR 8-10 HOURS OR OVERNIGHT.

Benefits :

HIGH PROTEIN. LOW SODIUM. GOOD SOURCE OF VITAMIN A AND C. PORTION CONTROL. HIGHEST QUALITY GUARANTEED BONELESS HIGH PROTEIN, PORTION CONTROLLED, VACUUM PACKED,

Serving Suggestions :

SERVE AS MAIN ENTREE, WITH YOUR FAVORITE SIDE DISH.

Prep & Cooking Suggestions :

ALLOW 10 MINUTES OF COOKING TIME PER INCH OF THICKNESS, MEASURING FISH AT ITS THICKEST PART, OR UNTIL SALMON FLAKES WHEN TESTED WITH A FORK. SALMON WILL CONTINUE TO COOK SLIGHTLY ONCE REMOVED FROM THE HEAT. COOK TO AN INTERNAL TEMPERATURE OF 145°F.

More Information :

CONTACT CONSUMERAFFAIRS@TRIDENTSEAFOODS.COM 1-866-413-4749