



## Item Specification Sheet

### Item: #116745 Atlantic Salmon Filets

Order Unit: PACKAGE | Price Unit: PACKAGE | Weight Type: NET WEIGHT

#### Item Information

Description: Harvested from the finest raw materials. Atlantic salmon have a milder flavor than wild salmon, medium texture and oil content. Raw. Not Sushi grade. Must be fully cooked by consumer.

Characteristics: Individually skin packed Trays. Farm Raised, Country of Origin: Scotland

#### Specifications

Pieces Per Package: 1-2

Package Weight: 10 OZ.

Shelf Life: KEEP FROZEN: 2 Years from the production date

#### Ingredients

Salmon

**ALLERGENS: FISH**

#### Cooking Instructions

The cooking times below are in minutes and based on using fully thawed products. All times are approximate. Cook until fish is opaque throughout without over cooking.

Thaw in refrigerator. When thawing, remove from plastic packaging. Cover and refrigerate below 38°F. Once thawed, consume within one to two days.

**GRILL:** Preheat grill to medium heat. Brush the fish with melted butter or oil; season as desired. Wrap Salmon fillets in foil. Grill fillets for approximately 4-5 minutes on the first side. Flip, then continue to grill an additional 3-4 minutes after turning. The fillets are done when they are opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**PAN SAUTÉ:** Preheat pan to medium heat. Season as desired. Sauté, covered, for approximately 4-5 minutes on the first side. Flip, and sauté for an additional 4-5 minutes on the second side. The fillets are done when they are opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**OVEN:** Preheat oven to 400°F. Brush fillets lightly with melted butter or olive oil. Season as desired. Place fillets on a baking sheet, bake for 15-17 minutes. The fillets are done when they are opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

**BROIL:** Preheat broiler to high heat. Brush the fish with melted butter or oil; season as desired. Place on an oven safe pan on highest rack and broil, uncovered, for approximately 4-5 minutes on the first side. Flip, and broil an additional 3-4 minutes. The fillets are done when they are opaque throughout and the internal temperature reaches 145°F as indicated by a food thermometer.

Product Images & Nutritional Information

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	160
% Daily Values*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.9mg	4%
Potassium 550mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

