



Trident Seafoods Corp.

4833 - Salmon Brgr 5 Z Tray Pk

Made with wild, ocean caught whole fillets. Healthy alternative to beef. Rich in Omega-3s. Lightly seasoned, mild taste. Easy and convenient, cooks from frozen. Holds up well to grilling.



* Benefits

Nutrition Facts

Servings per Container 32
Serving size 142 Grams

Amount per serving
Calories 220

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 410mg	17%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 25g	
Vitamin D 9mg	45%
Calcium 20mg	1%
Iron 1mg	5%
Potassium 493mg	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.

Ingredients

PINK AND/OR KETA SALMON, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, CONTAINS 2% OR LESS OF: GROUND ONION, SALT, POTATO EXTRACT, GARLIC POWDER, MUSTARD FLOUR, WHITE PEPPER, BEET JUICE (COLOR), ANNATTO (COLOR), ROSEMARY EXTRACT, MESQUITE SMOKE FLAVOR, LEMON JUICE FROM CONCENTRATE. CONTAINS FISH (PINK AND/OR KETA SALMON).

Allergens

Contains:



Free From:



Handling Suggestions

KEEP FROZEN BELOW 0°F UNTIL READY TO USE.

Serving Suggestions

SERVE ON A SANDWICH BUN OR AS THE MAIN ENTREE.

Prep & Cooking Suggestions

COOK FROM FROZEN; FLAT GRILL, PAN FRY, OR CHARCOAL GRILL TO MEDIUM HEAT (250°F), COOK FOR 4 TO 5 MINUTES ON EACH SIDE OR UNTIL COOKED THROUGH. PAN FRY: IN GREASED PAN, COOK OVER MEDIUM HEAT FOR 4 TO 5 MINUTES ON EACH SIDE, OR UNTIL COOKED THROUGH. CONVENTIONAL OVEN: PREHEAT TO 400° F, COOK FOR 9 TO 10 MINUTES. ON EACH SIDE OR UNTIL COOKED THROUGH.; CONVECTION OVEN: PREHEAT TO 350° F, COOK FOR 8 TO 10 MINUTES ON EACH SIDE OR UNTIL COOKED THROUGH.; COOKING TIMES AND TEMPERATURES MAY VARY WITH EQUIPMENT; AND LOAD. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

Product Specifications

Brand	Manufacturer	Product Category
Trident Seafoods	Trident Seafoods Corp.	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
424785	4833	00028029247855	1	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12 lb	10 lb	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 in	9.94 in	6.25 in	0.54 ft3	12x7	730 DAYS	-10°F / 0°F



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Nutrition Analysis

Calories	220 kcal	Total Fat	12 g	Sodium	410 mg
Protein	25	Trans Fats	0 g	Calcium	20 mg
Total Carbohydrates...	2 g	Saturated Fat	1.5 g	Iron	1 mg
Sugars	1 g	Added Sugars	0 g	Potassium	493 mg
Dietary Fiber	0 g	Polyunsaturated Fat	3.5 g	Zinc	
Lactose		Monounsaturated Fat	6 g	Phosphorus	
Sucrose		Cholesterol	75 mg		
Vitamin A(U)		Vitamin D	9 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

