

# Alaskan Keta Salmon



>> WILD, SUSTAINABLE

>> PORTION CONTROLLED, VACUUM-PACKED

>> 909 mg OMEGA-3s PER 4 oz SERVING



## Alaskan Keta Salmon

Wild and wildly popular, Alaskan Salmon is among the top seafood items sold in the U.S. today. With its deservedly healthy reputation, wild salmon — including Trident Alaskan Keta Salmon — is chock full of healthy Omega 3 fatty acids (thought to help lower the risk of heart disease) and considered an excellent source of vitamins, minerals and lean protein.

All natural Trident Alaskan Keta Salmon are flash-frozen and vacuum packed to preserve their fresh-caught, delicate flavor. Well-suited for all manner of cooking techniques, our Alaskan Salmon shine as Grilled Salmon with Pistachio Basil Butter or Rosemary Broiled Alaskan Salmon. Or, for a classic salmon treatment, try Poached Alaskan Salmon with Creamy Walnut Dill Dressing.

## Features & Benefits

### >> BONELESS, PORTION CONTROLLED

Economical, consistent, no waste

### >> WILD & SUSTAINABLE ALASKA HARVEST

Excellent health benefits, natural protein too

### >> FLASH FROZEN

Preserves freshness, cook to order

### >> VACUUM PACKED

Assures fresh taste & firm texture

## Species Information

Trident's Alaska Keta Salmon are an excellent source of wild salmon that's both economical and delicious. With their attractive orange-pink color and firm texture, Keta contain Omega-3s and work well in wide range of delicious preparations.

## PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
419763	Keta Salmon Sides—Skin On, PBO, Vac Pac	1–3 lb.	1/20 lb.	13	0 00 28029 76323 2
496248	4 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 96248 2
496245	6 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 96245 1
496247	8 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 96247 5
485439	4 oz. Keta Salmon—Skin On, PBO, Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 85439 8
485440	6 oz. Keta Salmon—Skin On, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 85440 4
474789	8 oz. Keta Salmon—Skin On, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 74789 8
10 LB. CASE: DIMENSION: (L x W x D) 15" L x 9.994" W x 6.25" D		GROSS WEIGHT: 11.2 lb.		CUBE: .54	TI HI: 12 x 7
20 LB. CASE: DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 23.1 lb.		CUBE: 1.2	TI HI: 5 x 7



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## COOKING & HANDLING INSTRUCTIONS

Keep frozen at 0°F or below until ready to use.

To thaw: remove the salmon portion from the plastic pouch and place the product in a shallow tray. Cover and store in the refrigerator below 38°F for 16–24 hours. Once thawed, the salmon is ready to cook.

Keep thawed product refrigerated and use within 2–3 days. Allow 10 minutes of cooking time per inch of thickness on thawed product.

If cooking from frozen, 20 minutes per inch on frozen product.

Oven temperatures vary. Cook to an internal temperature of 145°F.

BAKE: Season Salmon or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400° F.

SAUTÉ: Dip Salmon in seasoned flour. Sauté in oil, butter or margarine over medium heat, lightly brown on both sides.

POACH: Cover Salmon with boiling, salted water. Add any flavorings such as lemon slices, white wine, or herbs to the poaching liquid. Reduce heat, simmer until done.

SIMMER: For stews and chowders, add Salmon pieces in the final 10 minutes of cooking. Do not over-stir.

GRILL: Place salmon on hot, well-greased grill. During grilling, baste fish with oil or basting sauce several times. Turn over once.

Nutrition Facts	
Serving Size (113 g/4 oz)	
Amount Per Serving	
<b>Calories</b>	130
Calories from Fat	35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 2.2g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 22g	44%
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Keta Salmon. Contains fish (Keta Salmon)