

# Salmon Croquettes

*Made with Wild, Ocean Caught Salmon*



>> CRISPY RIGHT FROM THE OVEN

>> PRECISE PORTION CONTROL

>> 0G TRANS FAT



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Delicious and pleasingly crunchy, Trident Salmon Croquettes take their name from the French word croquer, “to crunch.” Coated with a batter of zesty buttermilk and crisp bread crumbs, they’re filled with a flavorful mix of finely chopped vegetables and salmon fillets, seasoned with a perfect blend of spices. The result? An award-winning entrée.

Crispy and delicious right from the oven, there’s no need to turn on the deep fryer. And since Trident Salmon Croquettes have 0 grams of trans fats and plenty of Omega 3’s, they’re sure to attract a crowd. Try our Salmon Croquettes in a Tex-Mex sandwich, with a toasted bun, Jalapeño Jack and tomatillo salsa or a Chipotle-Mayonnaise. A Salmon Croquette Club Sandwich is sure to be a big seller, and for the salad crowd, serve a Salmon Croquette and Watercress Salad with a Cucumber Vinaigrette.

## Features & Benefits

- >> **QUICK PREPARATION**  
Cooks from frozen
- >> **BAKEABLE**  
Attractive to health conscious
- >> **PORTION CONTROL**  
Saves money, no waste
- >> **CRISPY RIGHT FROM THE OVEN**  
0g trans fat

## PACK INFORMATION

| ITEM #   | DESCRIPTION          | PORTION SIZE | PACK SIZE | APPROX. PIECES PER CASE | GTIN #             |
|--|----------------------|--------------|-----------|-------------------------|--------------------|
| 481475   | IQF Salmon Croquette | 3 oz         | 1/10 lb.  | 53                      | 0 00 28029 81475 0 |
| 10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6" H<br>GROSS WEIGHT: 10.8 lb. CUBE: .52 TI HI: 12 x 7 |                      |              |           |                         |                    |



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## Species Information

Trident’s wild Alaskan Salmon are ocean-caught in the pure, icy waters off Alaska’s rugged coastline. Certified sustainable, Alaskan Salmon feed on the abundant natural diet found in these pristine waters, which help produce their excellent natural flavor, firm texture and attractive color.

## COOKING & HANDLING INSTRUCTIONS

**CONVENTIONAL OVEN:** Cook from Frozen. Bake in preheated oven at 425° F. for 16 to 18 minutes.  
**CONVECTION OVEN:** Cook from Frozen. Bake in preheated oven at 375° F. for 16 to 18 minutes.  
**MICROWAVE (700 Watt Oven):** Cook from frozen. Cook one portion in covered microwavable dish for 2 minutes at high setting. Cook two portions in microwavable dish for 2 min. at high setting, rotate dish then cook at high setting for 1.5 minutes longer.  
**DEEP FRYER:** Cook from Frozen. Fry at 350° F. for 4 minutes, 15 seconds.  
*Cooking times and temperatures may vary with equipment and load.*

INGREDIENTS: PINK OR KETA SALMON, MINCED SALMON, CORN STARCH, YELLOW CORN FLOUR, POTATOES, BLEACHED WHEAT FLOUR, WATER, DEHYDRATED POTATO (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE AND CITRIC ACID), MODIFIED FOOD STARCH, WHOLE-EGG MAYONNAISE, DRIED WHOLE EGGS, CELERY, BUTTERMILK FLAVOR, (WHEY, LACTIC ACID, CITRIC ACID, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL AND COTTONSEED OIL), LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATED), SALT, REHYDRATED ONIONS, GARLIC POWDER, YEAST, SPICES, SUGAR, PARSLEY, NATURAL COLOR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE). PREFRIED IN VEGETABLE OIL (SOYBEAN OR CANOLA). CONTAINS FISH (SALMON), WHEAT, EGG

| Nutrition Facts  |                     |
|--|---------------------|
| Serving Size 1 piece (85 g/3 oz)                         |                     |
| Amount Per Serving                                       |                     |
| <b>Calories</b>  | 140                 |
| <b>Calories from Fat</b>                                 | 100                 |
| % Daily Value*   |                     |
| <b>Total Fat</b> 11g                                     | 17%                 |
| <b>Saturated Fat</b> 1.5g                                | 8%                  |
| <b>Trans Fat</b> 0g                                      |                     |
| <b>Polyunsaturated Fat</b> 5g                            |                     |
| <b>Monounsaturated Fat</b> 2.5g                          |                     |
| <b>Cholesterol</b> 20mg                                  | 7%                  |
| <b>Sodium</b> 310mg                                      | 13%                 |
| <b>Total Carbohydrate</b> 4g                             | 1%                  |
| <b>Dietary Fiber</b> 0g                                  | 0%                  |
| <b>Sugars</b> 0g   |                     |
| <b>Protein</b> 6g  | 12%                 |
| <b>Vitamin A</b> 0%                                      | <b>Vitamin C</b> 0% |
| <b>Calcium</b> 0%  | <b>Iron</b> 2%      |
| *Percent Daily Values are based on a 2,000 calorie diet. |                     |