Atlantic Salmon





ATLANTIC SALMON

(Salmo salar)

BUYER'S INFORMATION

Atlantic salmon have long been highly desirable in the food service industry due to their year round availability. The flavor is milder than that of wild salmon, and the meat is moderately firm and oily, though not as fatty as that of wild chinook salmon. The meat color ranges from pink to deep reddish orange.

NUTRITION

Serving Size:	4 oz. raw (113 g)
Calories:	230
Calories from Fat:	110
Protein:	23 g
Fat:	15 g
Saturated Fat:	2.5 g
Trans Fat:	0 g
Cholesterol:	60 mg
Sodium:	65 mg
Total Carbohydrates:	0 g
Dietary Fiber/Sugars:	0 g

SPECIFICATIONS

Portions: Individual portions cut from fillets.

Size (+/- 1 oz.)	Package	Carton	Avg. Pieces per Cas
4 oz.	VacPac	1/10 lb.	39-42
6 oz.	VacPac	1/10 lb.	24-28
8 oz.	VacPac	1/10 lb.	19-23
10 oz.	VacPac	1/10 lb.	15-19

DIMENSIONS

Pallet Information: For all steaks and fillets.

Description	Package Size		Case Weight in Pounds		Pallet Size*	Case Size in Inches	Cube	Density
VacPac or Layer Pack	1/10	10	12	126	18 x 7	11.55 x 8.5 x 7.05	0.40	24.24

