# WILD ALASKAN COHO/SILVER SALMON





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(Oncorhynchus kisutch)

#### BUYER'S INFORMATION

Coho salmon, also called silvers, are a radiant silver fish in the salmon family. Favored among smokers for their reddish-orange color and high oil content, coho salmon have a taste somewhere between king salmon and Atlantic salmon. The firm texture, mild flavor, and color retention during the cooking process make coho salmon an ideal selection for the discerning chef.

#### **FORMS**

H&G: Whole headed and gutted fish

Fillets: Skin on / Boneless

Skin on / Bone in

Portions: Skin on / Boneless

Skin off / Boneless

### NUTRITION

Serving Size: 4 oz. raw (113 g)

Calories: 160 Calories from Fat: 65 Protein: 24. g **Total Fat:** 7 g Saturated Fat: 1.5 g Trans Fat: 0 g Cholesterol: 50 mg Sodium: 50 mg

Total Carbohydrates: 0 g Dietary Fiber/Sugars: 0 g

Omega 3 Fatty Acids: 1490 mg

Case

#### SPECIFICATIONS

H&G: Call for availability and other carton size possibilities.

Size Package Carton 2/4 lb. IQF or Vac Pac Call 4/6 lb. IQF or Vac Pac Call 6/9 lb. IQF or Vac Pac Call

Fillets: Whole sides of salmon, available in trim styles C, (see trim guide).

Size Package Carton
Under 2 lb. Vac Pac or IQF Tote or 10kg
2 lb. and up VacPac or IQF Tote or 10kg

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Portions: Individual portions cut from the above fillets.

Size	Package	Carton	Avg. Pieces per		
4 oz. (Twin Pack)	Vac Pac	1/10 lb.	39-42		
6 oz. (Single Pack)	Vac Pac	1/10 lb.	24-28		
8 oz. (Single Pack)	Vac Pac	1/10 lb.	19-23		
10 oz. (Single Pack)	Vac Pac	1/10 lb.	15-19		

## DIMENSIONS

Product Description	Package Size	Net Weight	Gross Weight	Pallet Count	Pattern	Dimensions L" x W" x H"	Cube	Density
Portions	1/10 lb.	10 lbs.	12 lbs.	126	18 x 7	11.55" x 8.50" x 7.05"	0.40	29.96
Fillets	10 kg.	22.05 lbs.	24 lbs.	42	7 x 6	23.60" x 12.25" x 5.10"	0.85	29.30