

# WILD ALASKAN COHO/SILVER SALMON



**PETERPAN**  
SEAFOODS, INC.

# WILD ALASKAN COHO/SILVER SALMON

(*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. Its heart-healthy omega-3 oil content ranks third behind King and Sockeye salmon.

### FORMS

H&G: Whole headed and gutted fish  
 Fillets: Skin on / Boneless  
           Skin on / Bone in  
           Skin off / Boneless  
 Portions: Skin on / Boneless  
               Skin off / Boneless

### NUTRITION

Serving Size: 4 oz. raw (112 g)  
 Calories: 165  
 Calories from Fat: 60  
 Protein: 24.4 g  
 Total Fat: 6.6 g  
 Saturated Fat: 1.4 g  
 Trans Fat: 0 g  
 Cholesterol: 51 mg  
 Sodium: 52 mg  
 Total Carbohydrates: 0 g  
 Dietary Fiber/Sugars: 0 g  
 Omega 3 Fatty Acids: 1.5 g

### 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 B, C, or E (see trim guide).

Size	Package	Carton
Under 15 lb.	Vac Pac or IQF	10 kg. (22.3 lb.)
15 lb. and up	VacPac or IQF	10 kg. (22.3 lb.)

Portions: Individual portions cut from the above fillets.

Size	Package	Carton	Avg Pieces per Case
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

Not available in steak form.

### 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.	180	18x10	1150" x 8.75" x 8.50"	0.49	24.24
Fillets	10 kg.	22.3 lbs.	24 lbs.	40	5x8	23.60" x 12.25" x 5.10"	0.85	25.18



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