WILD ALASKAN SOCKEYE/RED SALMON





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(Oncorhynchus nerka)

BUYER'S INFORMATION

Sockeye salmon are highly sought after for the flavor, color, quality and high oil content of their meat. Sockeye lends itself to any culinary treatment, retaining its distinctive color when cooked. The amount of omega-3 fatty acids in sockeye also gives the meat a rich and intricate flavor. The fillets or portions are easy to pick out from other salmon by the deep red-orange meat, which is several shades darker than any other species, both raw and after cooking.

FORMS

H&G: Whole headed and gutted fish

Fillets: Skin on / Boneless

Skin on / Bone in

Portions: Skin on / Boneless

NUTRITION

Serving Size: 4 oz. raw (112 g)

Calories: 160 Calories from Fat: 90 Protein: 24 g **Total Fat:** 6 g Saturated Fat: 1.5 g Trans Fat: 0 g Cholesterol: 60 mg Sodium: 125 mg **Total Carbohydrates:** 0 g

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Dietary Fiber/Sugars: 0 g
Omega 3 Fatty Acids: 930mg

SPECIFICATIONS

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

Size Package Carton
2-4 lb. IQF or Vac Pac 1/50 lb. or Tote
4-6 lb. IQF or Vac Pac 1/50 lb. or Tote
6-9 lb. IQF or Vac Pac 1/50 lb. or Tote

Fillets: Whole sides of salmon, available in trim styles C (see Salmon Fillet Guide on trim styles).

Size Trim Style Package Carton
Under 2 lb. C Vac Pac or IQF 1/10 kg.
2-3 lb. C Vac Pac or IQF 1/10 kg.

Portions: Individual portions cut from the above fillets.

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

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.	126	18 x 7	11.55" x 8.5" x 7.05"	0.40	29.96
Fillets	10 kg.	22.05 lbs.	24 lbs.	42	7x 6	23.60" x 12.25" x 5.10"	0.85	29.30



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