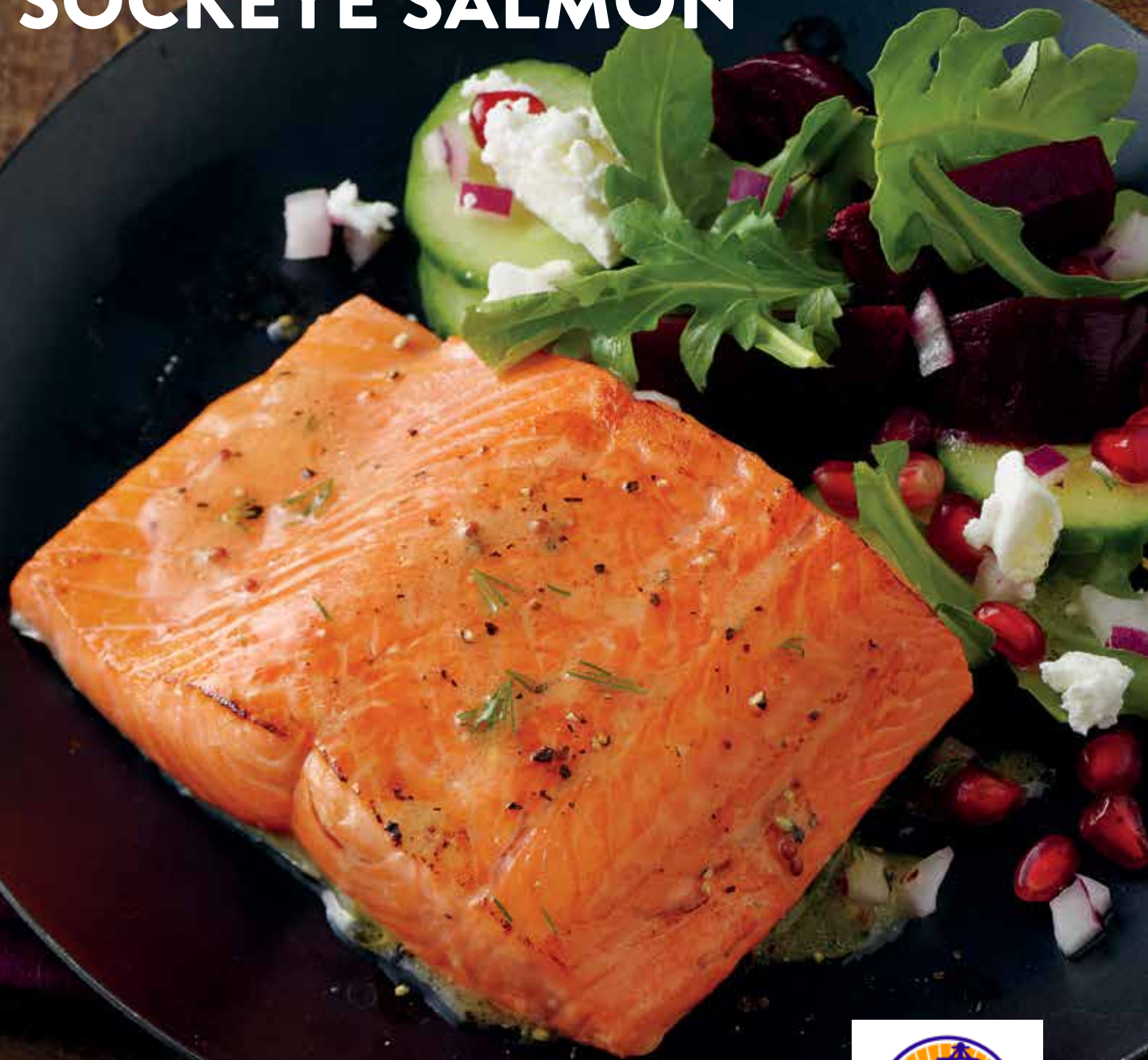


WILD ALASKA SOCKEYE SALMON



HEALTHY AND SUSTAINABLE
RELIABLE PERFORMANCE
NATURALLY LOADED WITH
HEALTHY OMEGA-3S



WILD ALASKA SOCKEYE SALMON

For a truly special Sockeye Salmon experience, try our Ocean Horizon's Wild Alaska Sockeye Salmon. Once caught, the fillets and portions are cut, packed, and flash frozen at the source to lock in freshness. Long a top choice for both chefs and seafood lovers, Wild Alaska Sockeye Salmon consistently delivers one of the most sought after dining experiences in the world. Make Ocean Horizon's Wild Alaska Sockeye Salmon the highlight of your menu. Suitable for grilling, baking, poaching, or broiling.

FEATURES & BENEFITS

Wild Caught & Certified Sustainable

The second most abundant Alaskan Salmon species

Reliable Performance

Retains its ruby-red color and tender texture throughout cooking

Naturally loaded with healthy Omega-3s

Great for heart health, mental health, and brain function

(source: alaskaseafood.org)

REBATE OFFER

5.00 off per case.

Offer valid 2/14/20-3/31/20. Rebate to be paid by UniPro.

Do not deduct.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE
428216	OCEAN HORIZONS - PREMIER WILD SOCKEYE SALMON, SKINLESS, BONELESS, VAC PAC	6 oz	1/10 lb.
428217	OCEAN HORIZONS - PREMIER WILD SOCKEYE SALMON, SKINLESS, BONELESS, VAC PAC	8 oz	1/10 lb.

Nutrition Facts		Silver Lining™ Alaskan Sockeye Salmon Sides, PBD, Skin On	
Serving Size (1 piece)		(113 g/4 oz)	
Amount Per Serving			
Calories		190	
Calories from Fat		90	
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	55mg		2%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	24g		
Vitamin A • Vitamin C	4%	•	0%
Calcium • Iron	0%	•	2%

*Percent Daily Values are based on a 2,000 calorie diet.



COOKING & HANDLING INSTRUCTIONS

Thawing: Remove the product from all packaging and place on tray or plate. Loosely cover and thaw under refrigeration. Keep thawed product refrigerated and use within 2 to 3 days.

Preparation: Allow 10 minutes of cooking time per inch of thickness on thawed product; 20 minutes per inch on frozen product. Oven temperatures vary. Cook to an internal temperature of 145°F.

Bake: Season Salmon or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400° F.

Sauté: Dip Salmon in seasoned flour. Sauté in oil, butter or margarine over medium heat, lightly brown on both sides.

Poach: Cover Salmon with boiling, salted water. Add any flavorings such as lemon slices, white wine, or herbs to the poaching liquid. Reduce heat, simmer until done. Simmer: For stews and chowders, add Salmon pieces in the final 10 minutes of cooking. Do not over-stir.

Grill: Place salmon on hot, well-greased grill. During grilling, baste fish with oil or basting sauce several times. Turn over once.

Storage: Keep frozen at 0° F or below until ready to use.

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.



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