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Atlantic Salmon Portions

Heralding from the cold waters of Norway, Oyster Bay Atlantic salmon is the perfect healthy choice for any dish. Its rich flavor and versatility has captivated the hearts and stomachs of many households, making it one of America's favorite dishes. This extraordinarily moist and tender fish can be the center of attention for any holiday party or a treat for the summer grilling season.



Nutrition Facts

Serving Size 4 oz/ 113g

Amount Per Serving

Calories 240 Calories from Fat 140

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 65mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 23g

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 2%

Thiamin 15% • Riboflavin 10%

Niacin 50% • Vitamin B-6 35%

Folate 8% • Vitamin B-12 60%

Pantothenic Acid 15% • Phosphorus 25%

Magnesium 8% • Zinc 2%

Selenium 40% • Copper 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Features and Benefits:

Oyster Bay Atlantic salmon is available in 4 oz, 6 oz, and 8 oz skinless and boneless portions. They are individually vacuum packed (IVP) to capture the freshness and quality of the product, making it easy to meet portion control standards, and to assist in menu planning. This tender and flaky fish is considered one of the few super foods since it is not only beneficial to the body, but also to the brain. Salmon is a good source of vitamins, protein, and omega 3 fatty acids. These healthy benefits can be eaten in multiple forms: broiled, poached, baked, seared and grilled!

Menu Ideas:

Our Atlantic salmon portions can transform dinner in many different ways. You can sauté and serve with your favorite vegetable or create a tasty sandwich with mayo-dill sauce. If you want to go bold you can revamp the all American burger into a salmon burger! Oyster Bay Atlantic salmon portions can help all chefs explore new recipes around the globe; this item can be use in a tandoori dish, yakitori or poached with saffron sauce for a little taste of Norway!

Handling:

Keep frozen for up to 24 months.

4 oz
Skinless, Boneless
Item No. 555400
GTIN 10049029003194

6 oz
Skinless, Boneless
Item No. 555402
GTIN 10049029003200

8 oz
Skinless, Boneless
Item No. 555404
GTIN 10049029003217

Product Description	Portions
Pack Size	1 x 10
Master Case Net Weight	10 lb
Master Case Gross Weight	11 lb
Case Dimensions & Case Cube	15.3"L x 10"W x 3.5"H • 0.310
Pallet Ti x Hi	11 x 16
Method of Catch	Farm Raised
Storage	Keep Frozen 0°F (-18°C)
Shelf Life	24 months
Species	<i>Salmo salar</i>
Country of Origin	Norway