



SALMON, SOCKEYE, FROZEN, FILLETS

Date: November 2016

Code: 110750

PRODUCT DESCRIPTION

- Frozen sockeye salmon fillets are processed from wild caught Pacific sockeye salmon.

PACK/YIELD

- Frozen sockeye salmon fillets are packed in 1 lb. packages, which provide about 4 servings, (4 ounces each).

STORAGE

- Store frozen salmon fillets in their original package in the freezer.
- In the refrigerator, store remaining cooked salmon in a tightly covered container not made from metal. Use within 3 days.

PREPARATION/COOKING

- Salmon fillets are frozen raw and require cooking to an internal temperature of 145 degrees F.
- If cooked, serve right away or store leftovers in the refrigerator. Use within 3 days.

USES AND TIPS

- Use in salads, casseroles, sandwiches, or main dishes both hot and cold.

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NUTRITION INFORMATION

- 1 ounce of cooked sockeye salmon counts as 1 ounce in the MyPlate.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 to 6 ounces. A serving of salmon is about 4 ounces.
- A 4 ounce serving of salmon provides about 26 grams of protein.

FOOD SAFETY INFORMATION

- If the package is not sealed, **do not use**.
- If the food has been thawed or has a bad odor, **do not use**.

OTHER RESOURCES

- www.nutrition.gov
- <http://www.whatscooking.fns.usda.gov>
- www.choosemyplate.gov

NUTRITION FACTS

Serving size: 4 ounces (113g) sockeye salmon fillet, thawed and cooked

Amount Per Serving				
Calories		170	Calories from Fat	70
% Daily Value*				
Total Fat	8g			12%
	Saturated Fat	1g		5%
	Trans Fat	0g		
Cholesterol	75mg			25%
Sodium	70mg			3%
Total Carbohydrate	0g			0%
	Dietary Fiber	0g		0%
	Sugars	0g		
Protein	26g			
Vitamin A	2%	Vitamin C	0%	
Calcium	0%	Iron	4%	

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