



ATLANTIC SALMON



It's easy to understand why diners have developed a love affair with Atlantic salmon. The pinkish-orange meat is pleasing to the eye. The texture is moderately firm, boasting the ideal fat content. And the delicate, buttery mild flavor has broad appeal – especially among those who shy away from the more assertive notes of wild fish. Raised in clean, cold waters, carefully harvested & quickly frozen, these delicious & beautiful salmon fillets are always in season.





▶ **PRODUCT FORMS**



Skinless PBO – Fillet Portion
4, 6, 8 & 10oz



Skin-on PBO Fillet
4, 6, 8 & 10oz



Skinless PBO Whole Side Fillet
2-3 lbs.

▶ **COOKING METHODS & APPLICATIONS**

Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying
• Poaching • Steaming • Braising • Stewing

- Fillets can be used in stews, chowders & salads
- Atlantic salmon is successfully accented with marinades, sauces, rubs & flavored butters
- The traditional inclusion of the skin lends delicious smoky notes to the flavor profile
- Deep orange red to deep pink in color

▶ **SELLING POINTS**

- Consistent quality
- Available year round
- Easy to prepare
- More delicate flavor than Pacific salmon
- A healthy choice – source for Omega-3's

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Nutrition Facts

Serving Size: 4oz. Raw (113g) (about 1 portion)
Servings Per Container: 4

Amount Per Serving	
Calories 160 Calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	6%
Cholesterol 60mg	21%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories a day. 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	370g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

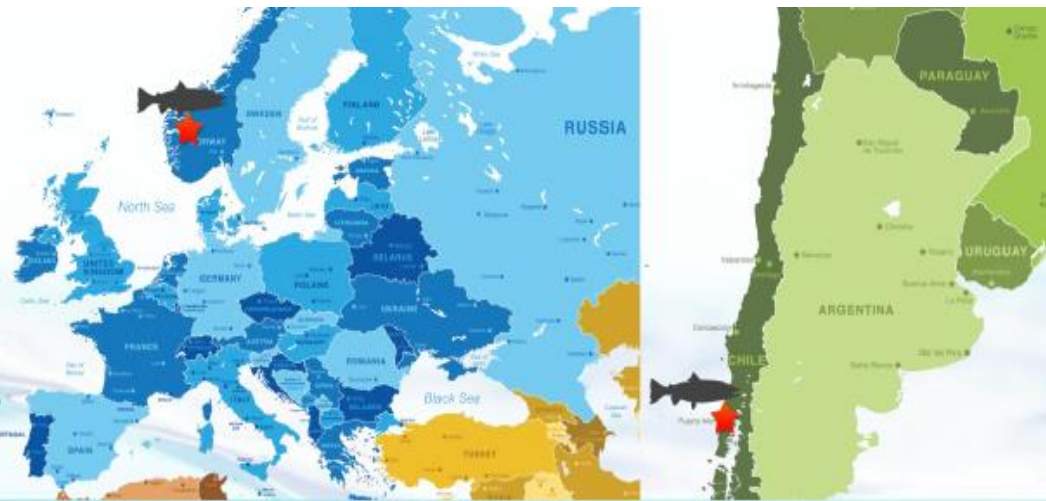


▶ HARVEST MAP



Atlantic Salmon
Salmo salar
Season: Year Round

 Harvesting areas
 Processing Centers



▶ FISHING METHOD

Farmed Atlantic salmon are often raised in large open water pens and are harvested at their peak. Large, narrow fjords with their cold water and pristine conditions make an ideal habitat for farms. New requirements now make sanitary regulations the most strict for this type of fishing. Atlantic refers to the species not the geographic location as Chile is located on the Pacific Ocean in a major producer.

▶ FISHERIES MANAGEMENT

The National Fishing Board otherwise known as the Sernapesca approved new rules governing agricultural and fishing practices last year in an effort to increase environmental standards of local fishing practices in southern Chile, dubbed Salmon 2.0.

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