

NUTRITIONAL FACTS

EGG HARBOR

(10) 6 oz. Faroe Island Salmon Fillets

Ingredients: Salmon
Contains: Fish

| Nutrition Facts | |
|--|----------------------------|
| 10 serving per container | |
| Serving size | 1 fillet (170g/6oz) |
| Amount per serving | |
| Calories | 310 |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 1.5g | 8% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 95mg | 32% |
| Sodium 75mg | 3% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 34g | |
| Vitamin D 22mcg | 110% |
| Calcium 30mg | 2% |
| Iron 1.4mg | 8% |
| Potassium 420mg | 8% |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

PREPARATION INSTRUCTIONS

Pan Sauté: Preheat medium size sauté pan to medium high heat. Add 1 tablespoon oil.

Season salmon as desired. When pan is hot add salmon portion to pan and let sear for about

3-4 minutes. Turn over and cook for additional 4-5 minutes or until fish flakes easily with fork.

Oven: Preheat oven to 350°F. Place salmon on nonstick baking sheet pan. Lightly coat salmon with oil or

clarified butter and season as desired. Bake for about 12-15 minutes or to desired doneness.

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1 oz. Signature Seafood Seasoning Packet

Ingredients: Kosher Salt, Sugar, Spices, Honey Granules, Onion, Garlic, Sodium Diacetate, Canola Oil, Silicon Dioxide (to prevent caking), Lemon Oil.

Nutrition Facts

Servings per container 32 | Serving Size 1/4 Tsp. (.9g)

Amount per Serving: **Calories 5**

Total Fat 0g (0% DV), **Sodium 95mg** (4% DV),

Total Carbohydrate 1g (0% DV), **Protein 0g**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.