

Egg Harbor Bacon and Cheddar Salmon Burger

INGREDIENTS: INGREDIENTS: SALMON, CHEDDAR CHEESE CUBES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), BACON CHUNK (BACON CURED WITH WATER, LESS THAN 2% OF SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), BROWN SUGAR (SUGAR, MOLASSES), LIQUID SMOKE (WATER, NATURAL HICKORY SMOKE FLAVOR), WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, WATER, MOLASSES, SUGAR, SALT, SPICES, CITRIC ACID, ANCHOVY, CELERY SEED, NATURAL FLAVOR, XANTHAN GUM (THICKENER), GARLIC POWDER & TAMARIND EXTRACT), SALT, BLACK PEPPER

CONTAINS: FISH (SALMON, ANCHOVY), MILK,

Nutrition Facts	
Serving Size	4oz 112g
Amount per serving	
Calories	284
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 82mg	27%
Sodium 365mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 25g	
Vitamin D 3 mcg	15%
Calcium 176mg	13%
Iron 0.5mg	2%
Potassium 330mg	7%
<small>*The % Daily Value 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>	

Cook from frozen

Stovetop: Saute for 5-6 minutes on each side.

Bake: Preheat oven to 375F. Bake for 10-12 minutes on each side.

Airfry: 375F for 6-8 minutes on each side

Cook until internal temperature reaches 145F.

Egg Harbor (12) 4 oz. Salmon Burgers - Original Favor

Nutrition Facts	
12 servings per container	
Serving size 1 burger (113g/4oz)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 290mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 300mg	6%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SALMON, BREAD CRUMB (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, YEAST), RELISH (CUCUMBER, DRIED CANE SYRUP, WATER, DISTILLED VINEGAR, SALT, DEHYDRATED PEPPERS, CALCIUM CHLORIDE, XANTHAN GUM), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2 OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), GREEN ONION, EGGS (WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS A CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR), LEMON JUICE (WATER, CONCENTRATED LEMON JUICE, SODIUM BENZOATE, AND SODIUM METABISULFITE AS FOOD PRESERVATIVES, LEMON OIL), SALT, GRANULATED GARLIC, RED PEPPER FLAKES, GUAR GUM, PARSLEY

CONTAINS: FISH (SALMON), WHEAT, SOY, EGGS, MUSTARD