

# Egg Harbor (8) 6 oz. Faroe Island Salmon Fillets

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serv. sz.</b>	<b>1 fillet (170g/6oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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>	

**Ingredients:** Salmon

**Contains:** Fish

## Preparation Instructions

Keep frozen until ready to prepare. Defrost under refrigeration, removing from plastic film and placing in container, for 24 hours or under cool slow running water until fully thawed.

**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 skin side up to pan and let sear for about 3-4 minutes. Turnover and cook for an 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.

# 7oz. Lemon Francaise Sauce

<b>Nutrition Facts</b>	
about 13 servings per container	
<b>Serving size</b>	<b>1 tbsp (15g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 10mg	<b>0%</b>
<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>	

**INGREDIENTS:** WATER, BUTTER (cream, salt), CANOLA OIL, CORNSTARCH, SHERRY WINE (wine, salt), LEMON JUICE CONCENTRATE, VEGETABLE SEASONING (sea salt, onion powder, maltodextrin, dextrose, yeast extract [yeast extract, salt], carrot powder, celery seed, white pepper, turmeric), SEA SALT, GARLIC, CANE SUGAR, XANTHAN GUM, SPICES, NISIN.

**CONTAINS:** Milk. Contains wine which has naturally occurring sulfites.

Keep Refrigerated. SHELF LIFE: 180 days, refrigerated.