

# Egg Harbor (4) 6 oz. Faroe Island Salmon Fillets

<b>Nutrition Facts</b>	
4 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.

## Egg Harbor (4) 6 oz. Wild Caught Icelandic Cod Filets

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 6oz (170g)</b>	
<b>Amount per serving</b>	
<b>Calories 120</b>	
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 510mg	<b>22%</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> 25g	<b>50%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Ingredients: Cod  
Allergens: Fish

*Thaw Cod in refrigerator. Cook from thawed.*

**Stove Top:** Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. In large nonstick skillet over medium-high heat, melt 1 tbs. olive oil. Add cod fillets and cook 4 minutes per side, or until golden brown on both sides and cooked through.

**Broiler:** Place rack 6 inches from broiler and preheat broiler. Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. Place cod fillets on foil lined baking sheet and brush top with melted butter. Broil 8 minutes, or until just golden and cooked through.

**Oven:** Preheat oven to 425°F. Pat thawed cod fillets with paper towel until very dry. Season cod with salt and pepper, or your favorite seasoning. Place cod fillets on nonstick baking sheet and brush top with melted butter. Cook 12-15 minutes, or until just golden and cooked through.

## 3.5 oz. Garlic Herb Butter

Ingredients: Pasteurized Cream, Roasted Garlic (Garlic, Citric Acid), Parsley, Basil, Oregano, Chives, Onion Salt, Garlic Salt, Black Pepper.

Contains: Milk

### Nutrition Facts

Serving size 1 TBSP (14g), Servings Per Container 7

Amount Per Serving: **Calories** 90, **Calories from Fat** 80, **Total Fat** 9g (14% DV), **Saturated Fat** 5g (25% DV), **Trans Fat** 0g, **Cholesterol** 30mg (10% DV), **Sodium** 60mg (3% DV), **Potassium** 10mg (0% DV), **Total Carbohydrate** 1g (0% DV), **Dietary Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 0g, **Vitamin A** (8% DV), **Vitamin C** (2% DV), **Calcium** (2% DV), **Iron** (2% DV), **Vitamin D** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.