

Egg Harbor (12) 4 oz. Faroe Island Salmon Fillets

Ingredients: Salmon

Contains: Fish

Nutrition Facts	
12 servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 14.6mcg	70%
Calcium 20mg	0%
Iron 1mg	6%
Potassium 280mg	6%
<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>	

FAROE ISLANDS PREMIUM SALMON 4 oz

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 2-3 minutes. Turnover and cook for an additional 3-4 minutes or until fish flakes easily with fork.

Oven: Preheat oven to 375°F. Place salmon on nonstick baking sheet pan. Lightly coat salmon with oil or clarified butter and season as desired. Bake for about 8-12 minutes or to desired doneness.

Air Fryer: Preheat Air fryer to 375°F. Place salmon in air fryer basket. Lightly coat salmon with oil or clarified butter and season as desired. Air fry for 8-10 minutes or until fish flake easily with fork.

Egg Harbor

1 oz. Signature Seafood Seasoning Packet

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.

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