



FAROE ISLAND SALMON FILLETS

Sustainably Raised • Product of Faroe Islands

PREPARATION INSTRUCTIONS

Keep frozen until ready to prepare. Defrost under refrigeration for 24 hours or under cool water until fully thawed.

Pan Sauté: Preheat pan to medium high heat. Add 1 tablespoon oil and season salmon as desired. When pan is hot, add salmon portion skin side up 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.

NET WT. 1.5 LBS (24oz)

Keep Frozen.

Remove from package before thawing. Thaw under refrigeration and store below 38°F. Do Not Refreeze.

Nutrition Facts

4 servings per container

Serv. sz. 1 fillet (170g/6oz)

Amount per serving

Calories **350**

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 75mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 34g

Vitamin D 30.2mcg 150%

Calcium 102mg 8%

Iron 0.6mg 4%

Potassium 620mg 15%

* 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: Salmon.
CONTAINS: Fish (Salmon).

Distributed by
Rastelli Foods Group
Swedesboro, NJ 08085

RASTELLIS.COM

R77300





ICELANDIC COD

Product of Iceland • Wild-Caught

PREPARATION INSTRUCTIONS

Keep frozen until ready to prepare. Defrost under refrigeration until fully thawed.

Pan Sauté: Preheat pan to medium high heat. Add 1 tablespoon oil and season cod as desired. When pan is hot, add cod 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. Lightly coat cod portions with oil or clarified butter and season as desired. Place on nonstick sheet pan and bake for 10-15 minutes or until meat feels firm to the touch.

NET WT. 1.5 LBS (24oz)

Keep Frozen.

Remove from package before thawing. Thaw under refrigeration and store below 38°F. Do Not Refreeze.

Nutrition Facts

4 servings per container
Serv. sz. 1 piece (170g/6oz)

Amount per serving
Calories 140

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 75mg **24%**

Sodium 90mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 30g

Vitamin D 1.5mcg **8%**

Calcium 30mg **2%**

Iron 0.6mg **4%**

Potassium 700mg **15%**

* 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: Icelandic Cod.
CONTAINS: Fish (Cod).

Distributed by
Rastelli Foods Group
Swedesboro, NJ 08085

RASTELLIS.COM

R77304





JUMBO LUMP CRAB CAKES

Product of USA

PREPARATION INSTRUCTIONS

Oven: Cook from frozen (recommended). Preheat oven to 375°F Place Jumbo Crab Cakes onto a nonstick baking sheet pan. Lightly coat crab cakes with olive oil or butter flavored cooking spray. Place in center of oven rack and bake for 20-25 minutes or until it turns golden brown on top and reaches an internal temperature of 165°F.

Sauté: Cook from thawed. Remove Crab Cakes from packaging and thaw under refrigeration until fully thawed. Preheat medium size sauté pan with 1-2 tablespoons oil of choice to medium high heat. Carefully add Crab Cakes to pan in single layer. Cook for 3-4 minutes. Turn and cook for an additional 3-4 minutes or until the internal temperature reaches 165°F.

NET WT. 1 LBS (16oz)

Keep Frozen.

Remove from package before thawing. Thaw under refrigeration and store below 38°F. Do Not Refreeze.

Nutrition Facts

4 servings per container
Serv. sz. 1 crabcake (113g/4oz)

Amount per serving

Calories 270

% Daily Value*

Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 570mg	25%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1mg	6%
Potassium 230mg	4%

* 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: Crab Meat, Eggs, Bread Crumb (Bleached Wheat Flour, Yeast, Sugar And Salt, Enriched Wheat Flour, (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Salt, Water, Spices, Caramel Color, Anchovies (Fish), Natural Flavor (Contains Soy), Tamarind Extract And Garlic Powder), Dijon Mustard (Water, Mustard Seed, Distilled Vinegar, Salt, Contains 2% Or Less Of Citric Acid, Potassium Metabisulphite (Preservative), Contains Sulfates, Maryland Style Crab Seasoning (Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch And Monocalcium Phosphate), Salt, Spices (Including Mustard), Dextrose, Natural Flavor, Onion Powder, Spice Extractives, With Less Than 2% Silicon Dioxide (Prevents Caking). Contains Shellfish (Crab) And Fish (Surimi, Cod, Pollack, Whitefish), Ground Mustard), Old Bay (Celery Salt (Salt, Celery Seed), Spices (Including Red Pepper And Black Pepper And Paprika, Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, & Garlic Powder), Green Onions. **CONTAINS:** Shellfish (Crab), Wheat, Soy, Eggs, Fish, Mustard.

Distributed by
Rastelli Foods Group
Swedesboro, NJ 08085

RASTELLIS.COM

R77307

