

Item No.  
99007

**BEST  
CATCH  
of  
the  
DAY**

# CEDAR SALMON

with White Rice, Green Beans,  
& Red Peppers

*Open your palate to the tastiest wonders of the sea! Our Cedar Salmon is made with the freshest ingredients that makes for a flavorful and nutritious meal! Save time in the kitchen and let us do the work for you. Just HEAT, EAT & ENJOY!*



**Ingredients:** Fish (Salmon), Green Beans, White Rice, Red peppers, cedar rub (dehydrated onion and garlic, demerara sugar, sea salt, paprika, natural flavors (including smoke and grill) spices, torula yeast, lemon juice powder (corn syrup solids, lemon juice solids, natural flavors), citric acid, and silicon dioxide added to prevent caking), olive oil blend, and spices.

**Cooking Instructions from Frozen (Microwave):** Remove band, place in microwave with film left on. Microwave on HIGH for 7 1/2 minutes. Remove from microwave, remove film, place back in microwave for another 30 seconds to 1 minute. Remove from microwave, let stand for 1-2 minutes. Internal temperature of fish 145 °F degrees before consuming.

**Recommended Cooking Instructions from Thaw (Microwave):** Important, keep frozen until used, thaw under refrigeration immediately before use. Once thawed, remove band, place in microwave with the film left on. Microwave on HIGH for 6 minutes. Remove and let stand for 1-2 minutes, remove film. Internal temperature of fish 145 °F degrees before consuming.

**Net Weight:** 12.5oz (354g)  
Keep Frozen  
Contains: Salmon\*\*(May Contain: Crab, Milk, Egg, Soy, Sesame, Wheat) \*\*

## Nutrition Facts

1 Serving per container	
Serving Size	1 Serving (354g)
Amount Per Serving	
<b>Calories</b>	<b>660</b>
% Daily Value*	
<b>Total Fat</b> 41g	53%
Saturated Fat 18g	92%
Trans Fat 1g	
<b>Cholesterol</b> 125mg	41%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 43g	15%
Dietary Fiber 4g	13%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 7mcg (291 IU)	35%
Calcium 80 mg	6%
Iron 3 mg	15%
Potassium 700mg	15%

\* The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutritional advice.

MADE IN  
MD  
MARYLAND



Scan to  
Learn More



**Pack Size:** 12/12.5oz. Meals Per Case  
**Pallet Ti/Hi:** 6/10 (60/cases)  
**Case weight:** 9.375lbs.  
**Case Dimensions:**  
18-1/8" x 14-1/8" x 5-1/8" (L x W x H)  
**Net Pallet Weight:** 562.5lbs.  
**Pallet Height:** 64"-66" Top of Full Pallet

**GTIN:** 00850051829088  
**Stored Frozen:** 0 degrees  
**Shelf Life Frozen:** 18 months  
**Lot Coding Used:** BEST BY DATE 18 MONTHS  
(545 days) FROM DAY OF PRODUCTION

12051 Old National Pike | New Market, MD 21774

[WWW.TROUTSUPREMESEAFOOD.COM](http://WWW.TROUTSUPREMESEAFOOD.COM)

