

Item No.  
99005

**BEST  
CATCH  
of  
the  
DAY**

# GARLIC PARMESAN SALMON

with White Rice, Broccoli, & Red Peppers

*Open your palate to the tastiest wonders of the sea! Our Garlic Parmesan 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!*



MADE IN  
**MD**  
MARYLAND



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**Ingredients:** Fish (Salmon), Broccoli, White Rice, Grade AA Butter (pasteurized cream, lactic acid), Garlic Parmesan Paste (garlic, parmesan cheese, canola/olive oil, parsley, thyme, basil, rosemary, salt, citric acid, black pepper), Roasted Garlic, Sea Salt, red peppers, 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, Milk  
\*\*(May Contain: Crab, Milk, Egg, Soy, Sesame, Wheat) \*\*

Nutrition Facts	
1 Serving per container	
<b>Serving Size</b>	<b>1 Serving (354g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 31g	39%
Saturated Fat 16g	80%
Trans Fat 1g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 30g	
Vitamin D 13mcg (510 IU)	60%
Calcium 75 mg	6%
Iron 3 mg	15%
Potassium 660mg	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.



**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:** 00850051829033  
**Stored Frozen:** 0 degrees  
**Shelf Life Frozen:** 18 months  
**Lot Coding Used:** BEST BY DATE 18 MONTHS  
(545 days) FROM DAY OF PRODUCTION

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