



MARKETING

Low in fat, high in protein and high in healthy Omega 3's

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
46328	636136	10070765463287	1 / 10.0 Pound

Brand	Brand Owner	GPC Description
Clear Springs	Clear Springs Foods, Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
12.3 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.75 INH	13 INH	6.25 INH	0.74 FTQ	9x12	730 Days	0 FAH / 15 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - C

Eggs - C

Soy - C

Wheat - C

Sesame - NI

Peanuts - C

Tree Nuts - NI

Fish - C

Shellfish - NI

SERVING SUGGESTIONS

4 ounces

Nutrition Facts

40 Servings per container

Serving Size4 ounce (113.4g)

Amount Per Serving

Calories160

% Daily Value*

Total Fat8 g10%

Saturated Fat2 g10%

Trans Fat0 g

Cholesterol75 mg25%

Sodium150 mg7%

Total Carbohydrates0 g0%

Dietary Fiber0 g0%

Total Sugars0 g

Includes Added Sugars%

Protein22 g

Vitamin D90 mcg18%

Calcium90%

Iron0%

Potassium410 mg8%

* The % Daily Values (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

Rainbow Trout, Water, Salt.

HANDLING SUGGESTIONS

Keep Frozen. Store at 0° or Below

PREPARATION & COOKING SUGGESTIONS

Cooking Instructions: Cook to internal temperature of 145°F Bake - 400-425°F for 10-15 minutes. Broil - Lay open skin side down 4 inches from heat source 3-5 minutes. Poach - Cover with liquid, simmer over low heat about 5-8 minutes. Steam - About 5-10 minutes. Sauté - In oil or butter, about 3-4 minutes per side. Grill - Brush grill with oil, about 3-4 minutes per side.

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	160
Protein	22 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	90 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	150 mg
Calcium	
Iron	
Potassium	410 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



FREE_FROM_GLUTEN	YES
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