

Salmon Portions Skinless 190-210g (Chefs Selections)

Pack Size: 10X190-210

Product Description:

Skinless and boneless, individually vacuum packed, salmon fillets. Rich in Omega 3 fatty acids and sustainably farmed.

Brand: Chefs Selections



Ingredient Declaration: Atlantic Salmon (Salmo Salar) (FISH) (97%), Water, Salt.

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Fish

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
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Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	202 kcal / 840 kJ
Fat	13.7 g
of which Saturates	1.8 g
Carbohydrate	0.5 g
of which Sugars	0.1 g
Fibre	0.2 g
Protein	19 g
Salt	0.3 g

Directions For Use:

Directions For Use : This product contains raw fish and must be cooked thoroughly before serving. Remove all packaging. Oven Bake: Preheat oven to 200oC / 400oF/ Gas mark 6. Wrap loosely in foil and place on baking tray in centre of oven. Bake for 15-20 minutes or until cooked throughout. GRILL: Grill on medium heat (turning occasionally) for 15 minutes, or until cooked throughout. These instructions are guidelines only as cooking appliances vary. Ensure fish portions are piping hot and

cooked throughout before serving. Do not reheat

Storage Instructions: Keep frozen. Store below -18C.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.