

RASTELLI'S™

EST. 1976

FAROE ISLAND SALMON FILLET

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.

Dist. by Rastelli Foods Group | Swedesboro, NJ 08085

KEEP FROZEN — Remove from package before thawing. Thaw under refrigeration and store below 38°F. Do not refreeze.

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Nutrition Facts

4 serving per container
Serving size 6 oz (170g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 100mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
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.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

-  Keep refrigerated or frozen. Thaw in refrigerator or microwave.
-  Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or discard.
-  Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Ingredients: Fish (Salmon)

NET WT 1.5 LBS (24 OZ)

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