

STEELHEAD TROUT FILLET

S P E C S H E E T

Specie:

Oncorhynchus mykiss

Sizing - Format:

1-3 lb IVP (1 X 10 kg) #303

2-3 lb IVP (1 X 10 kg) #300

Origin: Peru

Fishing type: Farm raised

Processed in: Peru

Texture and Taste: Moist and soft
Light almond taste

Features:

IVP available

Kosher product

Beautiful pink-orange color With skin

Ingredients:

Trout

Shelf life:

24 months after freezing date

Freezer: -18 C or less

Fridge: 48 hours

Do not refreeze thawed product



**Valeur nutritive
Nutrition Facts**

Pour environ 1 portion (130 g)

Per about 1 portion (130 g)

Calories 270 % valeur quotidienne *
% Daily Value*

Lipides / Fat 17 g 23 %
saturés / Saturated 4 g
+ trans / Trans 0 g 20 %

Glucides / Carbohydrate 0 g
Fibres / Fibre 0 g 0 %
Sucres / Sugars 0 g 0 %

Protéines / Protein 27 g

Cholestérol / Cholesterol 70 mg

Sodium 75 mg 3 %

Potassium 450 mg 10 %

Calcium 10 mg 1 %

Fer / Iron 0,4 mg 2 %

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
* 5% or less is **a little**, 15% or more is **a lot**

