

# RAINBOW TROUT FILLET

## S P E C S H E E T

**Specie:**

Oncorhynchus mykiss

**Sizing - Format:**

4-5 oz ( 4 X 2,26 kg ) #55

5-6 oz ( 4 X 2,26 kg ) #57

5-6 oz IVP ( 1 X 4,54 kg ) #66

6-7 oz ( 4 X 2,26 kg ) #59

6-7 oz IVP ( 1 X 4,54 kg ) #128

**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 1/2 filet (100 g)

Per 1/2 filet (100 g)

	% valeur quotidienne *
	% Daily Value*
<b>Calories 140</b>	
<b>Lipides / Fat 6 g</b>	8 %
saturés / Saturated 1,5 g	8 %
+ trans / Trans 0 g	
<b>Glucides / Carbohydrate 0 g</b>	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
<b>Protéines / Protein 20 g</b>	
<b>Cholestérol / Cholesterol 60 mg</b>	
<b>Sodium 50 mg</b>	2 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Fer / Iron 0,3 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**

