

# Crab Stuffed Alaskan Fillets

SEA LEGS<sup>®</sup>  
BRAND



- >> LAYERED WITH SEALEGS<sup>®</sup> SEAFOOD & CRAB
- >> NOW FREE OF PARTIALLY HYDROGENATED OILS
- >> NOW MORE THAN 50% LESS SODIUM
- >> AVAILABLE IN SALMON AND POLLOCK



# Crab Stuffed Alaskan Fillets

With Trident Seafoods Crab Stuffed Alaskan Fillets, it's easy to serve delicious salmon or whitefish crowned with a flavorful, surimi bread-crumbs stuffing. Portioned and ready to cook, you can bake delicate fillets from frozen in minutes. Please a crowd in no time. Baked easily in either convection or conventional oven, the fillets fit snugly in hotel or sheet pans. Add a sprinkling of chopped fresh herbs, garlic or shallots and a dash of stock or wine, and after baking, you'll have a light sauce to serve alongside. These delicious fillets hold very well on a steam table, or simply plate and serve.

## Features & Benefits

- >> **CONVENIENT SIZE**  
Boneless fillets, cooks from frozen
- >> **AWARD WINNING\***  
Savory surimi bread-crumbs topping
- >> **AT LEAST 14 GRAMS OF PROTEIN**  
Per 4.4 ounce size
- >> **EASY TO SERVE**  
Holds well on a steam table

## Species Information

Trident's wild Salmon are ocean-caught in the pure, icy waters of the North Pacific. Salmon feed on the abundant natural diet found in these pristine waters, which produces their excellent natural flavor, firm texture and attractive color.

Alaska Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries and certified sustainable by the Marine Stewardship Council, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.

## PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
472887	Salmon Buffet Fillet Portions	4.4 oz	1/10 lb.	36	0 00 28029 72887 3
	MILITARY: 4.4 oz. Item # 400203	GTIN # 0 00 28029 00203 4		NAPA Code: 8905-01-E60-2413	
451765	Pollock Buffet Fillet Portions	4.4 oz	1/10 lb.	36	000 28029 51765 1
	MILITARY: 4.4 oz. Item # 400032	GTIN # 0 00 28029 00201 0		NAPA Code: 8905-01-E60-2415	
425935	Pollock Buffet Fillet Portions	6.6 oz	1/10 lb.	24	000 28029 25935 3
	MILITARY: 6.6 oz. Item # 400202	GTIN # 0 00 28029 00202 7		NAPA Code: 8905-01-E60-2416	
<b>10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6" H</b> <b>GROSS WEIGHT: 10.8 lb. CUBE: .44 TI HI: 12 x 9</b>					

INGREDIENTS: ALASKA POLLOCK, WATER, IMITATION CRABMEAT (ALASKA POLLOCK, WATER, SUGAR, EGG WHITES, WHEAT STARCH, CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SORBITOL, MODIFIED FOOD STARCH, MIRIN WINE (SAKE, SUGAR, SALT, WATER, YEAST EXTRACT), SALT, POTASSIUM CHLORIDE, ARTIFICIAL CRAB FLAVOR, CARRAGEENAN, SODIUM TRIPHOSPHATE, TETRASODIUM PYROPHOSPHATE, CITRIC ACID, PAPRIKA OLEORESIN, CARMINE, SOY LECITHIN, COLOR ADDED), BLEACHED WHEAT FLOUR, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOY LECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ (ANTIOXIDANT), CITRIC ACID (ANTIOXIDANT)), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED VINEGAR, SALT, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)), DEXTROSE, SUGAR, ONION, GARLIC POWDER, YEAST, ONION POWDER, SPICES, PAPRIKA, SALT, PARSLEY, SUNFLOWER OIL, MUSTARD FLOUR, DRIED CELERY, IODIZED SALT, YELLOW 5, YELLOW 6, CONTAINS FISH (KETA SALMON, ALASKA POLLOCK), WHEAT, EGG, SOY. MAY CONTAIN CRUSTACEAN SHELLFISH (SNOW CRAB).



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107  
 (800) 367-6065 (206) 783-3474  
 FAX: (206) 782-7246 E-MAIL: Sales@TridentSeafoods.com www.TridentSeafoods.com



## COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Oven temperatures vary. Cook to an internal temperature of 145°F.

### FILLET PORTIONS:

Place frozen buffet fillets in a sheet pan, cover with foil.

Convection Oven: Bake in a preheated oven 400° F for 12-16 minutes.

Conventional Oven: Bake in a preheated oven 425° F for 17-21 minutes.

Remove foil during last 8-12 minutes of cooking to brown surface of product.

Cooking times and temperatures may vary with equipment and load.

Nutrition Facts	Salmon Buffet Fillet Portion	Pollock Buffet Fillet Portion	Pollock Buffet Fillet Portion
Serving Size	1 piece (125g/4.4 oz)	1 piece (125g/4.4 oz)	½ piece (94g/3.3 oz)
<b>Amount Per Serving</b>			
Calories	240	210	160
Calories from Fat	110	90	70
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	12g 18%	10g 15%	7g 11%
Saturated Fat	2.5g 13%	2g 10%	1.5g 8%
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	50mg 17%	40mg 13%	30mg 10%
<b>Sodium</b>	210mg 9%	220mg 9%	170mg 7%
<b>Total Carbohydrate</b>	17g 6%	17g 6%	13g 4%
Dietary Fiber	1g 4%	1g 4%	0g 0%
Sugars	2g	2g	2g
<b>Protein</b>	16g	14g	11g
Vitamin A • Vitamin C	4% • 0%	2% • 0%	2% • 0%
Calcium • Iron	2% • 4%	2% • 4%	2% • 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: KETA SALMON, WATER, IMITATION CRABMEAT (ALASKA POLLOCK, WATER, SUGAR, EGG WHITES, WHEAT STARCH, CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SORBITOL, MODIFIED FOOD STARCH, MIRIN WINE (SAKE, SUGAR, SALT, WATER, YEAST EXTRACT), SALT, POTASSIUM CHLORIDE, ARTIFICIAL CRAB FLAVOR, CARRAGEENAN, SODIUM TRIPHOSPHATE, TETRASODIUM PYROPHOSPHATE, CITRIC ACID, PAPRIKA OLEORESIN, CARMINE, SOY LECITHIN, COLOR ADDED), BLEACHED WHEAT FLOUR, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOY LECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ (ANTIOXIDANT), CITRIC ACID (ANTIOXIDANT)), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED VINEGAR, SALT, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)), DEXTROSE, SUGAR, ONION, GARLIC POWDER, YEAST, ONION POWDER, SODIUM TRIPHOSPHATES (TO RETAIN MOISTURE), SPICES, PAPRIKA, SALT, PARSLEY, SUNFLOWER OIL, MUSTARD FLOUR, DRIED CELERY, IODIZED SALT, YELLOW 5, YELLOW 6, CONTAINS FISH (KETA SALMON, ALASKA POLLOCK), WHEAT, EGG, SOY. MAY CONTAIN CRUSTACEAN SHELLFISH (SNOW CRAB).