

# SEAFOOD STUFFED ALASKA FILLETS

SEA LEGS®



LAYERED WITH SEA LEGS®  
SEAFOOD & CRAB

AVAILABLE IN WILD ALASKA  
POLLOCK AND SALMON



# SEAFOOD STUFFED ALASKAN FILLETS

With Trident Seafoods Seafood Stuffed Alaskan Fillets, it's easy to serve delicious salmon or whitefish crowned with a flavorful, surimi bread-crumb 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.

## SPECIES INFORMATION

To view species information, please go online to <https://www.tridentseafoods.com/our-story/our-catch/>.

Nutrition Facts		Stuffed Salmon 4.4 oz	Stuffed Pollock 4.4 oz	Stuffed Pollock 6.6 oz
Serving size		1 piece (125 g/4.4 oz)	1 piece (125 g/4.4 oz)	1/2 piece (94 g/3.3 oz)
Amount per serving				
Calories		<b>260</b>	<b>230</b>	<b>170</b>
		% Daily Value*	% Daily Value*	% Daily Value*
Total Fat		14g 18%	11g 14%	8g 10%
Saturated Fat		3.5g 18%	2.5g 13%	2.5g 13%
Trans Fat		0g	0g	0g
Cholesterol		50mg 17%	45mg 15%	30mg 10%
Sodium		220mg 10%	240mg 10%	170mg 7%
Total Carbohydrate		17g 6%	18g 7%	13g 5%
Dietary Fiber		1g 4%	1g 4%	0g 0%
Total Sugars		2g	3g	2g
Includes Added Sugars		1g 2%	2g 4%	1g 2%
Protein		16g	14g	11g
	Vitamin D	3mcg 15%	0mcg 0%	0mcg 0%
	Calcium	18mg 2%	18mg 2%	14mg 2%
	Iron	2mg 10%	1mg 6%	1mg 6%
	Potassium	318mg 6%	304mg 6%	192mg 4%

\*The % Daily Value 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.

STUFFED SALMON INGREDIENTS:  
KETA SALMON, WATER, IMITATION CRAB (ALASKA POLLOCK, WATER, SUGAR, 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, COLOR ADDED), BLEACHED WHEAT FLOUR, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOYA LECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ [ANTIOXIDANT], CITRIC ACID [ANTIOXIDANT]), ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLKS, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, MUSTARD SEED, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR]), DEXTROSE, SUGAR, GREEN ONION, GARLIC POWDER, YEAST, ONION POWDER, SODIUM TRIPHOSPHATE, SPICES, PAPRIKA, SALT, DRIED PARSLEY, SUNFLOWER OIL, MUSTARD FLOUR/DRIED CELERY, SOYBEAN OIL, IODIZED SALT, SILICON DIOXIDE/YELLOW 5, YELLOW 6. CONTAINS FISH (KETA SALMON), WHEAT, EGG, SOY. MAY CONTAIN CRUSTACEAN SHELLFISH (SNOW CRAB).

# FEATURES & BENEFITS

## Convenient Size

Boneless fillets, cooks from frozen

## 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

## COOKING & HANDLING INSTRUCTIONS

To view ingredient information and cooking instructions, please go online to <http://www.tridentseafoods.com/Food-Service/Product-Browse> and type in the product item number in our product search in the lower left corner.

## 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 00032 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	
10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6" H GROSS WEIGHT: 10.8 lb. CUBE: .44 TI HI: 12 x 9					

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.

STUFFED POLLOCK INGREDIENTS:  
ALASKA POLLOCK, WATER, IMITATION CRAB (ALASKA POLLOCK, WATER, SUGAR, 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, COLOR ADDED), BLEACHED WHEAT FLOUR, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOYA LECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ [ANTIOXIDANT], CITRIC ACID [ANTIOXIDANT]), ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLKS, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, MUSTARD SEED, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR]), DEXTROSE, SUGAR, GREEN ONION, GARLIC POWDER, YEAST, ONION POWDER, SPICES, PAPRIKA, SALT, DRIED PARSLEY, SUNFLOWER OIL, MUSTARD FLOUR, DRIED CELERY, SOYBEAN OIL, IODIZED SALT, SILICON DIOXIDE, YELLOW 5, YELLOW 6. CONTAINS FISH (ALASKA POLLOCK), WHEAT, EGG, SOY. MAY CONTAIN CRUSTACEAN SHELLFISH (SNOW CRAB).



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