

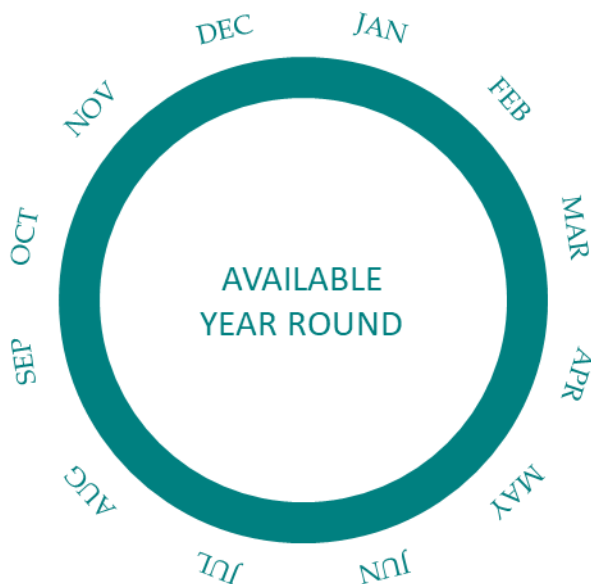


Arctic Char (*Salvelinus alpinus*) Fresh Farmed – Land based

Options:

WR fresh & frozen
Fillets fresh & frozen

Arctic Char is a pink-fleshed fish and member of the Salmon family. The fish is raised in environment which is as close to the wild Char's natural environment as possible. It has a distinct mild flavor and adapts to a variety of cooking methods applicable to salmon such as baked, pan seared, grilled, or broiled.



Nutrition Facts

4oz (100g) of raw Arctic Char contains

Energy:	184 kcal
Protein:	19 g
Saturated Fat:	2 g
Cholesterol:	59 mg