

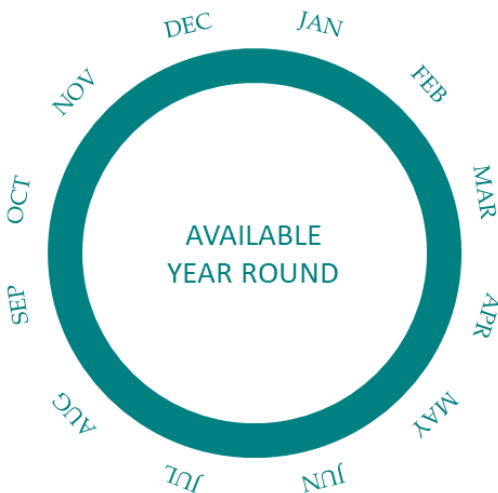


# Atlantic Salmon (*Salmo Salar*) Fresh Farmed – Land based

### Options:

- WR fresh & frozen
- Fillets fresh & frozen

*Atlantic salmon, aka the “King of Fish,” are anadromous, which means they can live in both fresh and saltwater. Atlantic Salmon have a milder flavor than wild salmon. The flesh ranges from pink to orange depending upon the amount of pigment added to their feed. The flesh has a medium-firm texture with large flakes and a medium.*



### Nutrition Facts

4oz (100g) of raw Salmon contains

Energy:	208 kcal
Protein:	20.4 g
Saturated Fat:	3 g
Cholesterol:	55 mg
Water:	64.9 g