



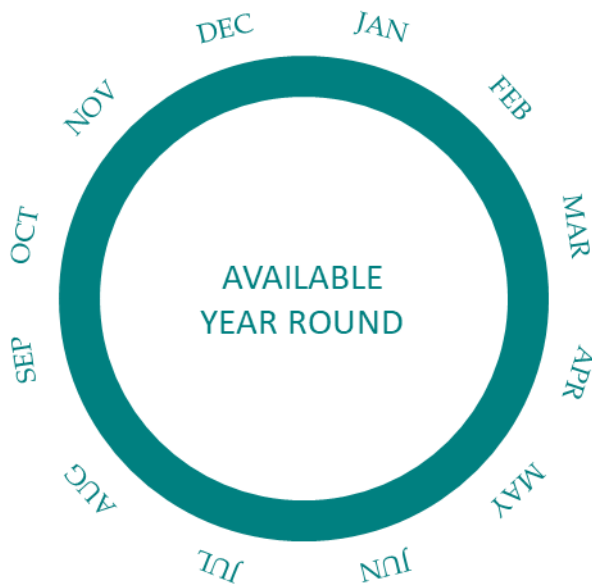
# Steelhead Trout (*Oncorhynchus mykiss*) Fresh Farmed – Land based



### Options:

- WR fresh & frozen
- Fillets fresh & frozen

*Steelhead Trout is a pink-fleshed fish and member of the Salmon family. The fish is raised in environment which is as close to the wild Trout’s natural environment as possible. Steelhead Trout tastes like Salmon but is leaner, making it flakier and less “fishy” tasting.*



### Nutrition Facts

4oz (100g) of raw Arctic Char contains

Energy:	141 kcal
Protein:	20 g
Saturated Fat:	1.4 g
Cholesterol:	59 mg