

# Crab Stuffed Alaskan Fillets



- >> LAYERED WITH SEALEGS® SEAFOOD & CRAB
- >> SAVORY BREAD CRUMB TOPPING
- >> 0G TRANS FAT
- >> AWARD WINNING



## 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-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.

## Features & Benefits

### >> CONVENIENT SIZE

Boneless fillets, cooks from frozen

### >> AWARD WINNING\*

Savory surimi bread-crumbs topping

### >> 15 GRAMS OF PROTEIN

Per 4 ounce size

### >> EASY TO SERVE

Holds well on a steam table

## Species Information

Trident's wild Alaskan Salmon are ocean-caught in the pure, icy waters off Alaska's rugged coastline. Certified sustainable, Alaskan Salmon feed on the abundant natural diet found in these pristine waters, which help produce 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	
465409	Salmon Buffet Fillet Portions	6.6 oz	1/10 lb.	24	000 28029 65409 7
	MILITARY: 6.6 oz. Item # 400200	GTIN # 0 00 28029 00200 3		NAPA Code: 8905-01-E60-2414	
486170	Salmon Buffet Fillets	1.25 lb	1/22 lb.	18	000 28029 86170 9
451765	Pollock Buffet Fillet Portions	4.4 oz	1/10 lb.	36	000 28029 51765 1
	MILITARY: 4.4 oz. Item # 400201	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	
409573	Pollock Buffet Fillets	1.25 lb	1/22 lb.	18	000 28029 09573 9
	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		
	22 LB. PACK: DIMENSION: (L x W x D) 22.75" L x 10" W x 5" H				
	GROSS WEIGHT: 23.5 lb.	CUBE: .66	TI HI: 12 x 9		

\*Symphony of Seafood, Chicago Gala 2003: People's Choice  
Symphony of Seafood, 2003 Food Service category: First Place  
Symphony of Seafood, Anchorage Gala 2003: People's Choice



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.

### BUFFET FILLETS:

Place frozen buffet fillets in a hotel pan (fits 5 fillets) or sheet pan, cover with foil.

### Convection Oven:

Bake in a preheated oven 375-400° F for 22-25 minutes.

### Conventional Oven:

Bake in a preheated oven 400-425° F for 25-27 minutes. Remove foil during last 5-10 minutes of cooking to brown surface of product.

### 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 Serving Size	Salmon Buffet Fillet 4 oz 113g		Salmon Buffet Fillet Portion 4.4 oz 125g		Salmon Buffet Fillet Portion 3.3 oz 94g		Pollock Buffet Fillet 4 oz 113g		Pollock Buffet Fillet Portion 4.4 oz 125g		Pollock Buffet Fillet Portion 3.3 oz 94g	
<b>Amount Per Serving</b>												
<b>Calories</b>	270	150	300	170	220	120	250	130	270	150	200	110
Calories from Fat												
<b>% Daily Value*</b>												
<b>Total Fat</b>	17g	26%	18g	28%	14g	22%	15g	23%	16g	25%	12g	18%
Saturated Fat	3.5g	18%	4g	20%	3g	15%	3g	15%	3.5g	18%	2.5g	13%
Trans Fat	0g		0g		0g		0g		0g		0g	
Polyunsaturated Fat	6g		7g		5g		6g		7g		5g	
Monounsaturated Fat	4.5g		5g		3.5g		3.5g		4g		3g	
<b>Cholesterol</b>	45mg	15%	50mg	17%	40mg	13%	45mg	15%	50mg	17%	40mg	13%
<b>Sodium</b>	420mg	18%	470mg	20%	350mg	15%	450mg	19%	500mg	21%	370mg	15%
<b>Total Carbohydrate</b>	14g	5%	16g	5%	12g	4%	14g	5%	16g	5%	12g	4%
Dietary Fiber	1g	4%	1g	4%	1g	4%	1g	4%	1g	4%	1g	4%
Sugars	1g		1g		1g		1g		1g		1g	
<b>Protein</b>	15g	30%	16g	32%	12g	24%	13g	26%	14g	28%	11g	22%
<b>Vitamin A • Vitamin C</b>	2% • 0%		2% • 0%		2% • 0%		2% • 0%		2% • 0%		2% • 0%	
<b>Calcium • Iron</b>	2% • 4%		2% • 4%		2% • 4%		2% • 2%		2% • 4%		2% • 2%	

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

INGREDIENTS: KETA SALMON, BREAD CRUMBS [BLEACHED WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, IRON, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED), SALT, SUGAR, YEAST, DEHATED SOY FLOUR, WHEY, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOY LECITHIN, ARTIFICIAL BUTTER FLAVOR, TBHQ (ANTIOXIDANT), BETA CAROTENE, AND CITRIC ACID (ANTIOXIDANT)), IMITATION CRAB (ALASKA POLLOCK, WATER, EGG WHITES, WHEAT STARCH, CORN STARCH, M/RIN (RICE WINE), SOYBEAN OIL, POTATO STARCH, CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVORS, SALT, SUGAR, MODIFIED CORN STARCH, SORBITOL, SOY PROTEIN ISOLATE, CARAGEENAN, SODIUM PHOSPHATES, PAPRIKA, COLOR ADDED), WATER, MAYONNAISE (SOYBEAN OIL, EGGS, WHITE VINEGAR, HIGH FRUCTOSE CORN SYRUP, WATER, SALT, SPICE, CALCIUM DISODIUM EDTA (FLAVOR PROTECTANT)), SEASONING (SALT, SPICES (INCLUDING CELERY SEED), PAPRIKA POWDER, MUSTARD FLOUR), ONION, GARLIC POWDER, ONION POWDER, SALT, PARSLEY, CELERY. ALLERGY INFORMATION: CONTAINS FISH (KETA SALMON), EGGS, CRAB, WHEAT AND SOY.

INGREDIENTS: ALASKA POLLOCK, BREAD CRUMBS [BLEACHED WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, IRON, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED), SALT, SUGAR, YEAST, DEHATED SOY FLOUR, WHEY, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOY LECITHIN, ARTIFICIAL BUTTER FLAVOR, TBHQ (ANTIOXIDANT), BETA CAROTENE, AND CITRIC ACID (ANTIOXIDANT)), IMITATION CRAB (ALASKA POLLOCK, WATER, EGG WHITES, WHEAT STARCH, CORN STARCH, M/RIN (RICE WINE), SOYBEAN OIL, POTATO STARCH, CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVORS, SALT, SUGAR, MODIFIED CORN STARCH, SORBITOL, SOY PROTEIN ISOLATE, CARAGEENAN, SODIUM PHOSPHATES, PAPRIKA, COLOR ADDED), WATER, MAYONNAISE (SOYBEAN OIL, EGGS, WHITE VINEGAR, HIGH FRUCTOSE CORN SYRUP, WATER, SALT, SPICE, CALCIUM DISODIUM EDTA (FLAVOR PROTECTANT)), SEASONING (SALT, SPICES (INCLUDING CELERY SEED), PAPRIKA POWDER, MUSTARD FLOUR), ONION, GARLIC POWDER, ONION POWDER, SALT, PARSLEY, CELERY. ALLERGY INFORMATION: CONTAINS FISH (ALASKA POLLOCK), EGGS, CRAB, WHEAT AND SOY.