

Salmon, Wild Caught, Sockeye, Frozen, Filets

MyPlate Food Group: **Protein**



Product Description

- Frozen sockeye salmon fillets with skin from wild caught Pacific sockeye salmon.

Storage

- Store frozen salmon fillets in their original package in the freezer.
- Store remaining cooked salmon in the refrigerator in a tightly covered container not made from metal.

Uses and Tips

- Salmon fillets are frozen raw and require cooking to an internal temperature of 145 degrees F.
- If cooked, serve right away or store leftovers in the refrigerator.
- Use in salads, casseroles, sandwiches, or main dishes both hot and cold.

Nutrition Information

- 4 ounces of cooked sockeye salmon counts as 4 ounces in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 1/2 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov
- www.fns.usda.gov/fdpir/fdpir-sharing-gallery

Nutrition Facts

Serving size: 4 ounces (113g) sockeye salmon, fillet, thawed and cooked

Amount Per Serving

Calories 170 **Calories from Fat** 70

-% Daily Value*

Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans Fat</i> 0g			
Cholesterol 75mg			25%
Sodium 70mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 26g			
Vitamin A 0%	Vitamin C	0%	
Calcium 0%	Iron	0%	

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Grilled Salmon

Makes about 4 servings

Ingredients

- 4 salmon fillets (thawed)
- 2 tablespoons melted butter
- 1/2 teaspoon salt
- 2 teaspoons pepper (if you like)
- Nonstick cooking spray for grills

Directions

1. Heat the grill, charcoal or gas to medium to high. Prepare the salmon fillets by rinsing them and patting them dry with a paper towel.
2. Mix salt and pepper in a small bowl. Lightly sprinkle the mixture over the salmon fillets (flesh only, not on the skin).
3. Place fillets directly on a greased grill rack.
4. Place the fish on the grill rack directly over medium heat. Grill uncovered for about 4-6 minutes per 1/2 inch of thickness or until fish begins to flake when tested with a fork. Turn the fish once halfway through grilling, brush with melted butter.
5. Test the temperature by inserting a meat thermometer into the thickest part of the fillet and make sure it is 145 degrees F.

Recipe adapted from First Nations, Cooking Healthier with FDPIR Foods Cookbook

Simple Skillet Salmon

Makes about 6 servings

Ingredients

- 4 salmon filets (thawed)
- 1 tablespoon garlic powder (if you like)
- 1/2 teaspoon salt
- 2 teaspoons pepper (if you like)
- 1 tablespoon butter (or margarine)
- 4 lemon wedges

Directions

1. Mix garlic powder, salt, and pepper in a small bowl. Rub equal amounts onto the salmon fillet (flesh only, not on the skin)
2. Melt the butter in a frying pan over medium heat.
3. Cook the salmon in the butter, skin side up, covered for 4 minutes. Flip over and cook for another 4 minutes until flaking and reaches 145 degrees F as measured by a meat thermometer.
4. Squeeze one lemon wedge onto each fillet and serve!

Recipe adapted from Get Fresh! Chickasaw Nation's online recipe resource.