

Frozen Pink Salmon Fillet

Product Information



LFS code: LFS020
Farm: Lummi Island Wild
Units/case: 30 approximately 1-lb. packages
Case Weight: Approximately 30 lbs.
Servings/case: About 384

Product Description

Salmon, pink, fillets, frozen, skin on, boneless

Crediting & Yield

- 1.25 oz. raw pink salmon with skin yields 1 oz. equivalent cooked meat/meat alternate with skin removed.
- One approximately 1-lb. raw salmon fillet contains about 12 1.25-ounce portions of cooked salmon.

Serving Size: 1.25 oz. raw weight
Meat or M/A: 1 oz. eq.
Grain: ---
Vegetables: ---
Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Pink salmon can be roasted or grilled and served as fillets or flaked for use in tacos, soups, patties, pastas, and salads.
- If using flaked salmon in mixed dishes, roast at 350 F in convection oven at low fan to retain moisture.
- For easy skin removal, roast salmon skin side down on plain parchment paper. Let rest 15 minutes. Turn salmon over and remove parchment. Skin should come off with parchment. Peel off remaining skin as needed.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Salmon Corn Chowder – La Conner School District](#)
- [Salmon Tacos – Highline Public Schools](#)
- [Salmon Patties – USDA](#)

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1.25 ounce / 1 MMA of raw pink salmon

Amount Per Serving	
Calories 36	Calories from Fat 11
Total Fat 1g	
Sat. Fat 0g	
Trans Fat 0g	
Cholesterol 13mg	
Sodium 21mg	
Carbohydrates 0g	
Dietary Fiber 0g	
Sugars 0g	
Protein 6g	