

# Frozen Coho Salmon Fillet

## Product Information



LFS code: LFS010  
Farm: Muckleshoot Seafood Products  
Units/case: About 17 1.75-lb. packages  
Case Weight: Approximately 30 lbs.  
Servings/case: About 380

## Product Description

Salmon, coho, fillets, frozen, skin on, boneless

## 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](#).

## Crediting & Yield

- 1.25 oz. raw coho salmon with skin yields 1 oz. equivalent cooked meat/meat alternate with skin removed.
- One approximately 1.75-lb. raw salmon fillet contains about 22 1.26-ounce portions of cooked salmon.

Serving Size: 1.26 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

- Coho 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](#)

## Nutrition Facts

Serving Size: 1.26 ounce / 1 MMA of raw coho salmon

Amount Per Serving

**Calories 41** Calories from Fat 15

**Total Fat** 2g

Sat. Fat 0g

Trans Fat 0g

**Cholesterol** 13mg

**Sodium** 13mg

**Carbohydrates** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 6g