

Frozen Chum Salmon Fillet

Product Information



LFS code: LFS077
Farm: Muckleshoot Seafood Products
Units/case: About (10) 2-4 lb. packages
Case Weight: Approximately 30 lbs.
Servings/case: About 393

Product Description

Salmon, chum, 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

- 1.22 oz. raw coho salmon with skin yields 1 oz. equivalent cooked meat/meat alternate with skin removed.

Serving Size: 1.22 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

- Chum salmon can be roasted or grilled and 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