Frozen Coho Salmon Fillet

Washington Office of Superintendent of PUBLIC INSTRUCTION

Product Information

LFS code:	LFS076
Farm/Distributor:	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

- 1.26 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	