



Premium wild-caught Alaskan Sockeye SALMON



Net weight 8 oz. (227g) 2 servings

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

Our GO WILD™ Sockeye Salmon is 100% wild-caught from the icy-cold depths of Alaskan waters, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced salmon tonight.

Wild-caught with care, easy to prepare.

Cooking Instructions: Remove salmon fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Place fillets skin side down and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

Nutrition Facts

Serving Size 4 oz. (113g)		Calories: 2,000 2,500	
Servings Per Container 2		depending on your calorie needs:	
Amount Per Serving			
Calories 160	Calories from Fat 60		
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 60mg		20%	
Sodium 125mg		5%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 24g			
Vitamin A 4%	Vitamin C 0%		
Calcium 2%	Iron 2%		

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recommended daily value of protein: 50g

INGREDIENTS:
Alaskan Sockeye Salmon
CONTAINS: Fish
Product of USA

Packed by Mariner Seafood, LLC, New Bedford, MA.
GO WILD is a trademark of Mariner Seafood, LLC.

Visit www.gowildseafood.com
for great recipes and tips today!



SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Sockeye Salmon	Alaska	8-8269494701-0	00882694947010	20 x 8 oz.	17" x 12" x 8"	6x10	600lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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