

A805 – SALMON, POUCH, PINK, READY-TO-SERVE, 43 OZ



Nutrition Information

Salmon, pink, canned, drained, solids and bone

	1 oz (28 g)
Calories	39
Protein	6.54 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.37 g
Saturated Fat	0.24 g
<i>Trans</i> Fat	N/A
Cholesterol	23 mg
Iron	0.26 mg
Calcium	79 mg
Sodium	113 mg
Magnesium	10 mg
Potassium	88 mg
Vitamin A	21 IU
Vitamin A	7 RAE
Vitamin C	0 mg
Vitamin E	0.36 g

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Skinless, boneless pink salmon packaged in flexible sealed pouch. May also contain salt and seasonings.
PACK/YIELD	<ul style="list-style-type: none"> 8/43 oz pouches per case. One 43 oz pouch AP yields about 36.9 oz drained salmon and provides about 36.9 1-oz servings drained fish. One lb AP yields about 0.86 lb drained salmon and provides about 13.7 1-oz servings drained fish. CN Crediting: 1 oz drained salmon provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store unopened pouches of salmon off the floor in a cool dry place. Temperature changes shorten shelf life and speed deterioration of the salmon. Store opened pouches of pink salmon covered and labeled in a dated nonmetallic container under refrigeration and use within 24 hours. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Pouch salmon is ready-to-serve.
USES AND TIPS	<ul style="list-style-type: none">• Pink salmon is ready-to-serve in salads, sandwiches, and main dishes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Refrigerate salmon after opening pouch.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.