
WILD ALASKA SUSTAINABLE SEAFOOD
A NATURAL SOURCE OF OMEGA-3S
OCEAN BEAUTY
SEA·CHOICE
SALMON BURGERS
4 SEASONED PATTIES
NO THAWING
COOKS IN MINUTES
QUICK & EASY
NET WT. 12.8 OZ (363g) • KEEP FROZEN
ALASKA SEAFOOD
Wild, Natural & Sustainable
SERVING SUGGESTION
PACKED & DISTRIBUTED BY:
OCEAN BEAUTY SEAFOODS, LLC
SEATTLE, WA 98119
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www.oceanbeauty.com


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Callan Chythlook-Sifsof grew up in remote western Alaska where she commercially fished Alaska's Bristol Bay with her family since the age of five. Today she is one of the top-ranked snowboard racers in the world. Growing up on a diet rich in Wild Alaska Salmon helped her get there. You don't have to be an athlete to know that eating right is essential for good health.
Ocean Beauty is proud to sponsor her as she pursues her US Snowboard Team career.
Nutrition Facts
Serving Size 1 Burger 3.2 oz. (90g)
Servings Per Container: 4
Amount Per Serving
Calories 120 Calories from Fat 25
% Daily Value*
Total Fat 3g 5%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 60mg 20%
Sodium 230mg 10%
Total Carbohydrate 5g 2%
Dietary Fiber 0g 0%
Sugars 1g
Protein 16g
Vitamin A 2% • Vitamin C 0%
Calcium 0% • Iron 4%
*Contains less than 2 percent of the daily value of these nutrients.
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
METHOD
COOKING INSTRUCTIONS
FROZEN
PAN FRY
1. Pre-heat nonstick fry pan to medium heat. Add 1 Tbsp. vegetable oil.
2. Place frozen burger in pan, cook and turn over to complete.
COOKS 8-10 MINUTES
OVEN BAKE
1. Pre-heat oven to 350° F.
2. Place frozen burger in shallow pan, on middle rack.
COOKS 12-16 MINUTES
TOASTER OVEN
1. Pre-heat oven to 400° F.
2. Place frozen burger on baking sheet. Cook until heated thoroughly.
COOKS 10-12 MINUTES
BARBEQUE GRILL
1. Pre-heat a well seasoned barbecue grill to medium heat or 350° F.
2. Cook frozen burger 3-4 minutes each side until cooked thoroughly.
COOKS 10-12 MINUTES
THAWING INSTRUCTIONS: NO THAWING necessary.
TO ENSURE FOOD SAFETY AND QUALITY, FOLLOW THESE ADDITIONAL COOKING DIRECTIONS:
• Patty should not thaw before cooking. • Cook patty to 160° F before consuming.
• Although great care is taken to remove bones, some may remain.
INGREDIENTS: SALMON, CORN SYRUP (CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, VANILLA), REHYDRATED ONIONS, CONTAINS 2% OR LESS OF THE FOLLOWING: CARMINE AND ANNATTO (COLOR), BREAD CRUMBS (BLEACHED WHEAT FLOUR, DEXTROSE, YEAST, SALT), CARRAGEENAN GUM, SALT, DEXTROSE, SPICE, LEMON OIL AND SODIUM ERYTHORBATE (TO RETAIN COLOR). CONTAINS: FISH (SALMON), WHEAT.
At Ocean Beauty we have always believed that sustainable wild Alaska salmon is the best tasting and most nutritious food available anywhere. We are extremely pleased to have been recognized by Women's Health Magazine for the health benefits of our 96% fat free salmon burger. Try it – Enjoy the taste, nutrition, convenience, and sustainability: you can have it all!
Women's Health
125 BEST PACKAGED FOODS FOR WOMEN '08
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