



East Coast Gourmet

ALL-NATURAL

Spinach & Feta Salmon Burger

Made with wild pacific salmon, feta cheese, tender spinach and panko bread crumbs.



Item #	UPC	Case	Pallet
0031	88063200926 4	24 x 4 oz Net Weight: 6 lbs Gross Weight: 6.91 lbs Case Dimensions: 16" x 9.25" x 4" Case Cube: .34	10 per tier / 15 tiers high 150 cases per pallet Pallet weight (gross): 1036.5 lbs

INGREDIENTS: PACIFIC SALMON, SPINACH MIX (SPINACH, MILK, BUTTER (CREAM, SALT), ONION, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, FRESH GARLIC, SALT, SPICES, CELERY SALT, XANTHAN/GUAR GUM), FETA CHEESE (SHEEPS MILK), PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, EVAPORATED CANE JUICE, YEAST, SEA SALT), NATURAL FLAVOR (WHEY, BUTTER OIL, SALT, SUGAR, GUAR GUM), SALT, CARRAGEENAN GUM.

CONTAINS: FISH, WHEAT, AND MILK.

COOKING INSTRUCTIONS: **Pan:** coat pan with olive oil or non-stick cooking spray. Cook burgers over low-medium heat for 3 to 5 minutes on each side, or until they reach an internal temperature of 165°F. **Grill:** Heat grill to medium. Lightly coat burgers with olive oil. Grill for 3 to 5 minutes on each side or until they reach an internal temperature of 165° F. **Oven:** Preheat oven to 400°F. Cover baking sheet with foil and lightly coat with non-stick cooking spray. Bake burgers for 12-15 minutes or until they reach an internal temperature of 165°F.

HANDLING: Keep frozen. Thaw under refrigeration.

SHELF LIFE: 1 year from manufacture date, frozen. Once thawed, product may be kept refrigerated for up to 5 days.

Nutrition Facts

Serving Size 1 burger (113 g)

Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 590mg	25%
Total Carbohydrate 10g	3%
Dietary Fiber	0%
Sugars 2g	
Protein 18g	
Vitamin A	25% • Vitamin C
Calcium	8% • Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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