



East Coast Gourmet

ALL-NATURAL

Traditional Salmon Burger

This 6 oz salmon burger has a mellow flavor profile and can be dressed up any way you see fit.



Item #	UPC	Case	Pallet
1006	80632001006 0	24 x 6 oz Net Weight: 9 lbs Gross Weight: 9.5 lbs Dimensions: 16" x 9.25" x 4" Case Cube: .34	10 per tier / 15 tiers high 150 cases per pallet Pallet weight (gross): 1425 lbs

INGREDIENTS: WILD PACIFIC SALMON, BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, EVAPORATED CANE JUICE, YEAST, SEA SALT), MAYONNAISE (SOYBEAN OIL, EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT AND SPICE), DIJON MUSTARD (WATER, MUSTARD SEEDS, SALT, WHITE WINE, FRUIT PECTIC, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE.), FRESH DILL, SALT, SPICES, ONION POWDER, GARLIC POWDER.

CONTAINS: FISH, MILK, AND WHEAT.

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 (170 g)	
Amount Per Serving	
Calories 362	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 91mg	30%
Sodium 332mg	14%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	
Vitamin A 8%	Vitamin C 3%
Calcium 2%	Iron 5%

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



Plenus Group, Inc.

101 Phoenix Ave., Lowell, MA 01852 / Tel: 978 970 3832 / Fax: 978 441 2528

www.plenus-group.com / email: sales@plenus-group.com