# salmonish. burgers 

Deliciously flavored with subtle notes of garlic and herb, Salmonish ${ }^{\circledR}$ Burgers are full of protein, low in saturated fat, and a great source of omega-3 fatty acids offering a huge nutritional boost to any diet. Whether served over a salad, or on a bun with your favorite toppings, this beef alternative is an easy, healthy, and mouth-watering win!

- 100\% plant-based, Vegan ingredients
- Supports healthy lifestyles
- Ideal for grilling and pan-frying
- 140 calories, 14 g protein \& $6 g$ fat per serving
- Cholesterol-free
- 300 mg omega-3 fatty acids per serving


## Recipe Suggestions



Nordic
Salmonish ${ }^{m}$
Burger

- A great value-add ingredient for premium menu items
- No fish or shellfish allergens
- 15-month frozen shelf life
- Non-GMO, Gluten Free
- Made with kelp - an ocean regenerating ingredient that is high in minerals

| Nutrition Facts |  |
| :---: | :---: |
| 40 servings per container |  |
| Serving size 1 Bur | 1 Burger (91g) |
| Amount Per Serving Calories | 140 |
|  | \% Daily Value* |
| Total Fat 6 g | \% |
| Saturated Fat 0.5g | 3\% |
| Trans Fat 0g |  |
| Cholesterol 0 mg | 0\% |
| Sodium 290mg | 13\% |
| Total Carbohydrate 6 g | 6 g 2\% |
| Dietary Fiber 3g | 11\% |
| Total Sugars <1g |  |
| Includes 0g Added Sugars | Sugars 0\% |
| Protein 14g | 28\% |
| Vitamin D Omcg | 0\% |
| Calcium 70mg | 6\% |
| Iron 2.6 mg | 15\% |
| Potassium 400 mg | 8\% |
| - The \% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |  |

INGREDIENTS: WATER, SOY PROTEIN,
NATURAL FLAVOR, EXPELLER-PRESSED
CANOLA OIL, CORNSTARCH, PECTIN, DHA ALGAL OIL, GARLIC POWDER, GELLAN GUM SEA SALT, KELP, VEGETABLE JUICE (COLOR),
CITRIC ACID CITRIC ACID

CONTAINS: SOY
DISTRIBUTED BY
THE ISH FOOD COMPANY
ROCKLAND, DE 19732
PRODUCT OF THE USA
PROCESSES: WHEAT, CASHEW COCONU

Code: 59004
Unit Size: $40 \times 3.2$ oz burgers
Case Dimensions: 11.813 "L x 8.563"L x 5.625"H
Case Net Weight: 8.0 lbs.
Case Gross Weight: 8.475 Ibs.

Case Cube: . 329 ft
TixHi: 17x8
Cases/Pallet: 136
Pallet Weight: $1,152.6 \mathrm{lbs}$.
Shelf Life (FZ): 15 months

## Contact:

sales@ishfood.com (800) 837-5419

# nordic salmonish burger 

Served with Gastro Pub Fries, on a hearty whole grain toasted burger bun, with bibb lettuce, sliced tomato, pickled red onion, basil aioli, and pea shoots!

Ingredients:
1 ct .
1 ct .
2 ct .
2 ct.
1/4 oz.
1 oz.
10 oz.
Salmonish ${ }^{\text {TM }}$ Burger
Hearty Whole Grain Burger Bun
Bibb Lettuce
Tomato, thick sliced
Pickled Red Onion
Basil Aioli
Gastro Pub Fries

Instructions:
Keep Salmonish" Burger frozen, cook from frozen. Cook until patty reaches internal temperature of $165^{\circ} \mathrm{F} / 74^{\circ} \mathrm{C}$.

## Pan Fry

- Keep frozen; cook from frozen.
- Preheat a lightly oiled pan on medium-high heat.
- Cook patty from frozen about 3 minutes on each side until patty internal temperature of $165^{\circ} \mathrm{F} / 74^{\circ} \mathrm{C}$.
- Total cook time: About 6-8 mins


## Grill

- Keep frozen; cook from frozen.
- Preheat grill to medium-high heat; oil/season grill plates for best results.
- Grill patty from frozen for 3 minutes on each side until patty reaches an internal temperature of $165^{\circ} \mathrm{F} / 74^{\circ} \mathrm{C}$.
- Total cook time: About 6-8 minutes.

