



**GREAT NORTHERN
PRODUCTS, LTD.**

COHO SALMON

Oncorhynchus kisutch



Warehouse Specifications:

Various

Master Case Dimensions:

Various

Gross Weight:

Pallet Configuration:

Various

Nutritional Value:

Per 100gram serving size

Calories (kcal)	146
Total Fat	5.93g
Saturated	1.260g
Monounsaturated	2.134g
Polyunsaturated	1.992g
Cholesterol	45mg
Sodium	46mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	21.62
Vitamin A	135iu
Vitamin C	1.0mg
Calcium	36mg
Iron	0.56mg

General Information:

Coho are a very popular sport fish in Puget Sound. This species uses coastal streams and tributaries, and is often present in small neighborhood streams. Coho can even be found in urban settings if their needs of cold, clean, year-round water are met.

Latin Name: *Oncorhynchus kisutch*

Fishing Season:

Mid-October through early January

Average size and Weight:

Coho salmon reach up to 38.5 inches in length and weigh up to 31 pounds; although they usually weigh between 6 to 12 pounds.

Product Available / Frozen

Headless gutted

Skinless & Ski-on Fillets

Steaks

Portions

Sensory Characteristics:

The flesh of the coho is reddish-orange, a firm textured meat with a mild sweet flavor.

COOL: wild & farmed

Ingredients:

Coho Salmon

Quality Control: HACCP



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