



Sockeye Salmon

Wild sockeye salmon, and salmon in general, are most well known for their amazing life cycle. They live their lives (up to four years) in the cold waters of Alaska and the North Pacific and then return to the exact place (river) of their birth to spawn and reproduce. When the young salmon hatch, they migrate thousands of miles to the ocean, where they survive on shrimp, krill, and other small fish, only to start a new life cycle. Commercially caught sockeye weigh from 2 to 10 pounds and are typically gill-net or purse-seine harvested. Sockeye salmon is prized by food aficionados worldwide for its rich flavor, firm texture, high oil content, and bright red color.

* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Sockeye Salmon

Market Name Salmon, sockeye, red, or blueback

Scientific Name *Oncorhynchus nerka*



Sustainability Information

Responsible Fisheries Management - RFM

Recipes

Barbeque Salmon with Chipotle Coleslaw

Grilled Salmon Steaks

Steam Gingered Salmon with Warm Citrus Sauce

Nutritional Facts

Serving Size: 3.5 oz. (raw)

Calories: 168

Fat Calories: 77.2

Total Fat: 8.56 g

Cholesterol: 62 mg

Protein: 21.3 g

Iron: 0.47 mg

Sodium: 47 mg

PRODUCT INFORMATION

Value Added Products

Private Label

Retail Bag Line

Signature Portions®

Vacuum-Packed Fillets

Portions (skin-on or skinless)

- Sizes: 2- to 4-oz / 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

Fillets (skin-on or skinless)

- Sizes: 1-lb. / 1- to 3-lb. / market cuts
- Pack Types: Vacuum-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

H & G - Whole Sockeye Salmon

- Contact your Cannon Sales Representative for availability -

