



Fishwife Tinned Seafood Co

1100029 - Smoked Rainbow Trout

Fishwife's 100% traceable rainbow trout are farm-raised in pure Rocky Mountain spring water, along Idaho's Snake River. It's smoked over natural wood & hand-packed by a First Nations owned cannery in North America



Nutrition Facts

Servings per Container 1
Serving size 80.0g (80g)

Amount per serving
Calories 170

% Daily Value*

Total Fat	10g	13%
Saturated Fat	2g	10%
Trans Fat		
Cholesterol	70mg	23%
Sodium	380mg	17%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 1g Added Sugar		2%
Protein	20g	
Vitamin D	6.5mcg	33%
Calcium	13mg	1%
Iron	0.4mg	2%
Potassium	300mg	6%

* 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.

* Benefits

- Our smoked rainbow trout is:
- Sourced from the first and only ASC-certified trout farm in America.
- Smoked in small batches over natural hardwood, hand-packed, and canned by a First Nation's-owned cannery on the coast of British Columbia.
- Raised in pure Idaho spring water, always without the use of antibiotics, growth hormones, or genetic engineering.
- Has 62x less mercury than the FDA's allowable standard.

Ingredients

Rainbow Trout (Fish), extra virgin olive oil, golden yellow sugar, sea salt, garlic powder, hardwood smoke

⚠ Allergens

Contains:



Free From:



Handling Suggestions

refrigerate after opening

Serving Suggestions

<https://eatfishwife.com/blogs/recipes>

Prep & Cooking Suggestions

open & enjoy!

📄 Product Specifications

Brand	Manufacturer	Product Category
Fishwife Tinned Seafood Co	Shrimp Girls Inc.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
195893985913	F6CTRT0001	1100029	30195893985914		6/2.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.4lb	6.3lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.5in	10in	6.75in	0.53ft3	14x8	949days	60°F / 77°F



Fishwife Tinned Seafood Co
1100029 - Smoked Rainbow Trout

Fishwife's 100% traceable rainbow trout are farm-raised in pure Rocky Mountain spring water, along Idaho's Snake River. It's smoked over natural wood & hand-packed by a First Nations owned cannery in North America



Nutrition Analysis - By Measure

Calories	170	Total Fat	10g	Sodium	380mg
Protein	20	Trans Fats		Calcium	13mg
Total Carbohydrates...	1g	Saturated Fat	2g	Iron	0.4mg
Sugars	1g	Added Sugars	1g	Potassium	300mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	70mg		
Vitamin A(U)		Vitamin D	6.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

