

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 & handpacked by a First Nations owned cannery in North America



* 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 Colombia.

 $Raised in pure \ Idaho\ spring\ water,\ always\ without\ the\ use\ of\ antibiotics,\ growth\ hormones,\ or\ genetic\ engineering$

Has 62x less mercury than the FDAs allowable standard.

Ingredients

Allergens

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

Contains:



Free From:









Nutrition Facts

Servings per Container 80.0g (80g) Serving size

Amount per serving

Calories	170
% Da	ily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
<i>Trans</i> 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	n a nutrient in

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions



Product Specifications

refrigerate after opening

Serving Suggestions

https://eatfishwife.com/blogs/recipe

Prep & Cooking Suggestions

open & enjoy!

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	TIxHI	Shelf Life	Storage Temp From/To
13.5in	10in	6.75in	0.53ft3	14x8	949days	60°F / 77°F





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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(IU)•		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	

0	Additional Images						

