

SEATTLE FISH CO. EST. 1918

Scottish Salmon



Scottish Salmon is a premium farmed Atlantic salmon that is sustainably raised off the coast of Scotland. The frigid waters and strong currents produce salmon that are both strong and high in fat-content. Scottish Salmon is one of the more mild flavored salmon on the market. The higher-fat content of these fish lend to a buttery texture mouth-feel. The fish's feed is parasite-free making it safe for raw consumption.

Common Names

Scottish salmon, farmed Atlantic salmon

Scientific Name

Salmo salmar

Seasonal Availability

Year round

Primary Product Forms

Fresh: H&G, Fillet

Frozen: H&G, Fillet

Sourcing

Scotland

Sustainability

Aquaculture industry standards in the U.K. are very high and their regulations are very closely regulated, which makes Scottish salmon an excellent choice for sustainability

Did you know?

Scottish farmed salmon was the first non-french food to hold the French Government's top quality award, Label Rouge.

Preparation

Scottish salmon is fed a parasite-free diet which makes it a great choice to serve raw in sushi, sashimi and ceviche. It's a very versatile fish and can also be grilled, broiled, baked, roasted or pan seared.

Nutrition Facts

Serving Size 4 oz
Servings Per Container 1

Amount Per Serving
Calories 213 Calories from Fat 110.7
% Daily Value*
Total Fat 12.3g 19%
Saturated Fat 3.3g 17%
Trans Fat 8.8g
Cholesterol mg 0%
Sodium 0mg 0%
Total Carbohydrate .2g 0%
Dietary Fiber 0g 0%
Sugars .2g
Protein 25.4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.