

# ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland



## ARCTIC CHARR (SALVELINUS ALPINUS) Fresh

*Arctic Charr is well known within the culinary community and is frequently featured on the menu of top quality restaurants. It has a distinct mild flavor and adapts to a variety of cooking methods applicable to salmon such as baked, pan seared, grilled or broiled.*

### OPTIONS:

Whole, Head on, Guttled  
Skin-on Fillet



### Nutrition Facts

4oz (100g) of raw Arctic Charr contains

Energy:	184 kcal
Protein:	19 g
Saturated Fat:	2 g
Cholesterol:	59 mg
Water:	68 g