



Coho Salmon

Wild coho 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 coho average between 4 and 14 pounds and are typically gill-net, purse-seine, or troll harvested. In recent years, coho salmon has become more popular as consumers have learned to appreciate its mild, sweet flavor and firm, delicate texture.

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

Common Name Coho salmon
Market Name Salmon, coho or silver
Scientific Name *Oncorhynchus kisutch*

PRODUCT INFORMATION

Value Added Products

Private Label

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

H & G - Whole Coho Salmon

- Contact your Cannon Sales Representative for availability -



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: 146
Fat Calories: 53.5
Total Fat: 5.93 g
Cholesterol: 45 mg
Protein: 21.62 g
Iron: 0.56 mg
Sodium: 46 mg

