

Smoked Salmon and Crackers

Ingredients:

Smoked salmon, 1 fillet
Whole wheat crackers

Directions:

1. Cut smoked salmon fillet into bite-sized pieces.
2. Serve each piece on a cracker.

Nutrition Facts	
Serving Size 2 Crackers with Fish (29g)	
Servings Per Container 20	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 15mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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