



Lake Trout

(Salvelinus namaycush)

Nutrition Facts

Serving Size 1 fillet

Amount Per Serving

Calories 190

% Daily Values*

Total Fat 8g	0%
Saturated Fat 1g	0%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 74mg	0%
Sodium 67mg	0%
Potassium 962mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 27g	

Vitamin A 1%	Vitamin C 6%
Calcium 1%	Iron 11%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

Lake Trout

(Salvelinus namaycush)

Lake Trout is freshwater fish native to the northern parts of North America, principally Canada, but also Alaska and, to some extent, the northeastern United States. About 25% of the world's Lake Trout are found in the province of Ontario, Canada. The Lake Trout is a slow-growing fish; it is also very late to mature. The preferred habitat is large, deep, cold-water lakes. Lake Trout spawn in the fall but the time varies among lakes and depends on such factors as latitude, weather, and the size and topography of the lake.

Lake Trout possess a deeply forked caudal fin and a slate grey to greenish body with lighter undersides. Creams to yellow spots are generally present on the head, body and dorsal and caudal fins. The lower fins tend to be orange-red with a narrow white edge. Although the average weight for this species is 6.5lbs, some have been caught weighing up to 60lbs. Lake Trout feature a delicate range with a flakey texture, allowing for maximum versatility in the kitchen.

Lake Trout have very distinguishing characteristics when it is at its freshest, often smelling like a cucumber. The firm flesh will not separate from its bones. The fillet will smell mild and fresh, while the skin remains shiny and colorful. When storing fresh Lake Trout fillets, keep the fillets chilled just above 32 degrees with a sealed bag of ice placed gently on top of the wrapped fillet for up to 2 days before use.