

HERRING BLOATERS Scientific Name: Clupea harengus harengus



Herring



Hareng



Arenque



All of our herring is harvested from the icy, cold waters of the North Atlantic. Then it is salted and naturally smoked for a rich, smoky flavour. Herring is a natural source of Omega 3 fatty acids.

Our whole smoked herring are available in both "Choice" and "Split" varieties.

Bulk Packages:

Choice Herring Bloaters (wood) 1 x 18 lbs.(8.16kg)
 Split Smoked Herring Bloaters (wood) 1 x 18 lbs.(8.16kg)

Nutritional Value:

Nutrition Facts / Datos De Nutrición

Serving Size 1 average fillet (40g)
 Tamaño por Ración 1 prendedero medio (40g)
 Servings Per Container about 6 / Raciones por Envase más o menos 6

Amount Per Serving / Cantidad por Ración			
Calories / Calorías 80	Calories from Fat / Calorías de Grasa 45		
% Daily Value* / % Valor Diario*			
Total Fat / Grasa Total 5g	7%		
Saturated Fat / Grasa Saturada 1g	5%		
Trans Fat / Grasa Trans 0g			
Cholesterol / Colesterol 30mg	10%		
Sodium / Sodio 2180mg	91%		
Total Carbohydrate / Carbohidrato Total 0g	0%		
Dietary Fiber / Fibra Dietética 0g	0%		
Sugars / Azúcares 0g			
Protein / Proteínas 8g			
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 0%		
Calcium / Calcio 4%	Iron / Hierro 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 / Calorías:	2,000	2,500
Total Fat / Grasa Total	Less than / menos de	65g	80g
Sat Fat / Grasa Saturada	Less than / menos de	20g	25g
Cholesterol / Colesterol	Less than / menos de	300mg	300mg
Sodium / Sodio	Less than / menos de	2,400mg	2,400mg
Total Carbohydrate / Carbohidratos		300g	375g
Dietary Fiber / Fibra Dietética		25g	30g
Calories per gram / Calorías por gramo:			
Fat / Grasa 9 • Carbohydrate / Carbohidrato 4 • Protein / Proteínas 4			

Fish should be desalted prior to cooking.
 Nutritional values shown above are prior to desalting and therefore not indicative of the salt content in prepared fish.



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