

HERRING FILLETS 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.

We offer herring fillets in bulk packing and also pre-packaged into vacuum packages. Our vacuum packs are shelf-ready in retail portions, complete with a fixed weight and UPC. They eliminate the need for costly in-store repackaging, including labour, packaging expenses and yield loss and they simplify HACCP compliance at the store level. As an added convenience for the consumer, our herring packages are also resealable.

Bulk Packages:

Smoked Herring Fillets 1 x 10 lbs. (454g)

Retail Packages:

Merex:

Smoked Herring Fillets (Vac Pack) 10 x 1 lbs. (454g)
Smoked Herring Fillets (Vac Pack) 20 x 8 oz. (227g)

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:	
* Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calorías:	
	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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