



Comeau's Marinated Herring is made from Atlantic Canadian herring. It is then processed in our facilities located in Southwest Nova Scotia. The herring is seasoned and marinated with a variety of flavors such as our house blend and white wine. Other herring products include, Salted and Dressed, Lunch Cuts, as well as Salted Whole.



## Marinated Herring

### Lunch Cut Herring

Nutrition Facts	
Valeur nutritive	
Per 2 pieces (about 48 g) par 2 morceaux (environ 48 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 8 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-6 / oméga-6 0.1 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 3 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 540 mg	23 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	4 %

### House Blend Herring & Herring in Wine Sauce

Nutrition Facts	
Valeur nutritive	
Per 5 pieces (53 g) / par 5 morceaux (53 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Polysaturated / polyinsaturés 0.6 g	
Omega-6 / oméga-6 0.1 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 3.5 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 420 mg	18 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 5 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

### Ingredients

#### House Blend Herring:

Herring, water, onions, sugar, vinegar, salt, spices, sodium benzoate.

#### Herring in Wine Sauce:

Herring, water, onions, sugar, vinegar, wine, salt, spices, sodium benzoate.

### Product Details

#### House Blend Herring

Product Code	PACK	UPC / SPC
1700	12 x 265 g	0-62763-01702-2 / 100-62763-01702-9

#### Herring in Wine Sauce

Product Code	PACK	UPC / SPC
1200	12 x 265 g	0-62763-01198-3 / 100-62763-01198-0

### Preparation

#### & Handling

Keep refrigerated.

