



Comeau's Sea Foods Smoked Mackerel combines old-world craftsmanship, modern technology and high quality wild-caught Atlantic mackerel to create a delicious ready-to-eat product. They come in both plain and peppered varieties. No chemicals are used in the smoking process. Natural wood smoke and our special process create a unique mild flavour.



Smoked Mackerel



Preparation & Handling

•Ready to eat, just thaw and serve

Product Details

Product Code 1549
Description Hot Smoked Mackerel (Plain)
Case Size 10 lb (4.54 kg)

Purchasing Unit 1 x 10 lbs

UPC/SCC 0-62763-01549-3 / 100-62763-01549-0

Product Code 1557

Description Hot Smoked Mackerel (Peppered)

Case Size 10 lb (4.54 kg)

Purchasing Unit 1 x 10 lbs

UPC/SCC 0-62763-01557-8 / 100-62763-01557-5

Ingredients

Plain: Mackerel, salt, natural hardwood smoke

Peppered: Mackerel, spices, salt, natural hardwood smoke

Keep Frozen prior to use.

Nutrition Facts Valeur nutritive

Per 1 average piece (84 g edible)
pour 1 morceau moyen (84 g comestible)

Calories 220	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 16 g	21 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 18 g	
Cholesterol / Cholestérol 95 mg	
Sodium 530 mg	23 %
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup