



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

Nutrition Facts	
Valeur nutritive	
Per 5 pieces (55 g) / pour 5 morceaux (55 g)	
Calories 110	% Daily Value*
Fat / Lipides 5 g	% valeur quotidienne *
Saturated / saturés 1 g	7 %
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 5 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 35 mg	
Sodium 670 mg	29 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	



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.