



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	
Serving Size 1/4 cup (56 g)	
Portion 1/4 tasse (56 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 110	
Fat / Lipides 8 g	12 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 540 mg	23 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	2 %