



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

House Blend Herring & Herring in Wine Sauce

Nutrition Facts

Valeur nutritive

| Amount | % Daily Value |
|---|----------------------|
| Teneur | % valeur quotidienne |
| Per 5 pieces (53 g) / par 5 morceaux (53 g) | |
| Calories / Calories 110 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 0.5 g | |
| + Trans / trans 0 g | 3 % |
| Polyunsaturated / 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.

