



Comeau®

Dressed Salted Herring

Comeau's is proud to be a French Acadian family owned business that's been harvesting and processing seafood since 1946.

Harvested and processed in Nova Scotia, our wild caught dressed herring (tail on) is mixed in a salt brine and then freshly stored in quality plastic pails.

Nutrition Facts Valeur nutritive

Per 1 average fish (56 g edible)
pour 1 poisson moyen (56 g comestible)

Calories 140	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 8 g	11 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 50 mg	
Sodium 450 mg	20 %
Potassium 300 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 1 mg	6 %

*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

Herring, Salt, Water

Preparation/Handling

To be desalted prior to consumption.

Product Details

Product Code :	1202
Pail :	20 lb
SCC :	100-62763-01202-4

Product Packaging: Plastic pail with plastic cover