



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

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•Ready to eat, just thaw and serve

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			

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.