



# Pacific Herring

*Clupea Pallasii*

## General Characteristics:

Pacific Herring sport dark blue/olive colors on their backs and silver on their sides and belly.

**Fishing Season:** March and September–November. Available Year–Round

**Grade:** Food or Bait

**Origin:** USA, Canada, Korea

**Size:** Ocean Run

**Pack Style:** Block Frozen

## Nutritional Value:

Serving Size 100g

**Calories:** 158

**Total Fat:** 9g

**Saturated:** 2g

**Monounsaturated:** 3.7g

**Polyunsaturated:** 2.1g

**Cholesterol:** 60mg

**Sodium:** 90mg

**Total Carb:** 0g

**Dietary Fiber:** 0g

**Sugars:** 0g

**Protein:** 18g

**Calcium:** 30mg

**Iron:** 1.1mg