



Atlantic Herring

Clupea Harengus

General Characteristics:

Atlantic Herring are found all over the Northern Atlantic Ocean. They have a small fin on the top and are silvery in color with a greenish/bluish back. Herring is considered by many to be some of the finest bait in the world for lobstermen, as well as many other pot-based fishing. Herring is also known as a delicacy in Northern Europe and consumed in many different ways canned, smoked or steamed.

Fishing Season: Year-round

Grade: Food or Bait

Origin: Iceland, Faroe Islands, Norway, USA, Canada, EU

Size: U100g, 100/200g, 100/300g, 200/300g, 250g+

Pack Style: Block Frozen



Nutritional Value:

Serving Size 100g

Calories: 158

Total Fat: 9g

Saturated: 2g

Monounsaturated: 3.74g

Polyunsaturated: 2.1g

Cholesterol: 60mg

Sodium: 90mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 18g

Calcium: 57mg

Iron: 1.1mg