



Fruits De Mer

403217 - Dill Marinated Herring

Naturally rich in omega 3s and high protein, our marinated herring is incredibly versatile and can be enjoyed as a classic appetizer, tossed in salads or layered on sandwiches and toasts.



Nutrition Facts

2 Servings Per Container

Serving size **100.0g (100g)**

Amount per serving
Calories 210

% Daily Value*

Total Fat 9 g	12%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 1000 mg	43%
Total Carbohydrate 23 g	8%
Dietary Fiber 2 g	7%
Total Sugars 22 g	
Includes 22 g Added Sugar	44%
Protein 10 g	
Vitamin D 6 mcg	30%
Calcium 10 mg	0%
Iron 0.5 mg	2%
Potassium 30 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Our Fruits De Mer Dill Marinated Herring is a testament to tradition, quality and sustainability. These wild caught herring are carefully hand processed, packed with healthy protein and rich in Omega-3 nutrients and free of artificial preservatives.

Ingredients

Herring Fillets, Water, Sugar, Onion, Salt, Dill, Acetic Acid

⚠ Allergens

Contains:



May Contain:



Free From:



Handling Suggestions

Keep Refrigerated. Use within 3 days of opening ---
UNIT UPC: 818446012217

Serving Suggestions

Enjoy chilled, straight from the package for a quick and flavorful bite. Serve on toast or crackers. Add it to salads or pair it with pickled vegetables and cheeses.

Prep & Cooking Suggestions

Open and use

📄 Product Specifications

Brand	Manufacturer
Fruits De Mer	Fruits de Mer

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
818446012217	HF403	403217	10818446010487		10/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6 lb	4.5 lb	United Kingdom	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10 in	6.5 in	4.92 in	0.19 ft3	25x10	78 days	35 °F / 37 °F



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Nutrition Analysis - By Measure

Calories	210	Total Fat	9 g	Sodium	1000 mg
Protein	10	Trans Fats	0 g	Calcium	10 mg
Total Carbohydrates...	23 g	Saturated Fat	2 g	Iron	0.5 mg
Sugars	22 g	Added Sugars	22 g	Potassium	30 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60 mg		
Vitamin A(U)		Vitamin D	6 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

