



**GREAT NORTHERN
PRODUCTS, LTD.**

ATLANTIC HERRING

Clupea harengus



Warehouse Specifications:

Cases in 10, 15, 20 KG sizes
Master Case Dimensions:

Gross Weight:
Pallet Configuration:

Various

Nutritional Value:

Per 100gram serving size

Calories (kcal)	158
Total Fat	9.04g
Saturated	2.040g
Monounsaturated	3.736g
Polyunsaturated	2.133g
Cholesterol	60mg
Sodium	90mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	17.96g
Vitamin A	93iu
Vitamin C	.7mg
Calcium	57mg
Iron	1.10mg

General Information:

Herring fish belong to the genus *clupea* and family *clupeidae*. This family is estimated to include around 200 species of fish. Herring fish are relatively small, silver colored fish, which are abundantly found in the temperate waters of the North Pacific and North Atlantic oceans. There are mainly two species of herring, Atlantic herring or *Clupea harengus* and Pacific herring or *Clupea pallasii*.

Latin Name:

Clupea harengus

Fishing Season:

Mid summer and December are the ideal time for herring

Average size and Weight:

Typically herring will vary in size during the year with the majority of the catches falling between 200 and 300 gram, with some production under 200 gram and some over 300 grams.

Product Available / Frozen

Mostly available in whole round form but sometimes during heavy Canadian production we produce butterfly cut.

Sensory Characteristics:

A hearty fish with strong flavor and a medium texture.

COOL: wild caught, Canada or USA

Ingredients:

Atlantic Herring

Quality Control: HACCP
& CFIA approved



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