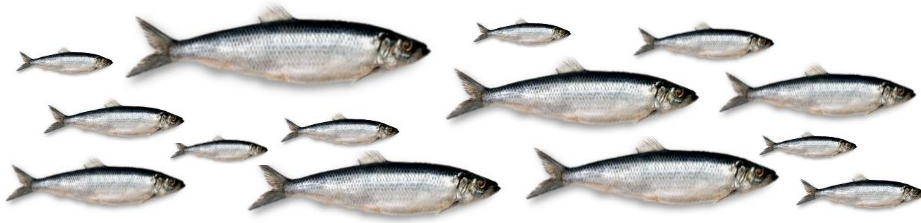


Cape Seafoods Product Page

Herring (Clupea Harengus)



Cold Storage Specification:

Packing Weight is Customized
Carton Size - 10,15, & 20 Kg.

Whole Round/ Block Frozen

Nutritional Value:

Serving Size	100 grams
Calories	158
Total Fat	9.04g
Saturated	2.040g
Monounsaturated	3.736g
Polyunsaturated	2.133g
Cholesterol	60mg
Sodium	90mg
Total Fat	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protien	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 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 200-300 gram, with some production under 200 gram and some over 300 gram.

Product Available/ Frozen

Mostly available in whole round form but sometimes during the heavy Canadian production we produce H&G. This is Block Frozen.

Sensory Characteristics

A hearty fish with strong flavor and a medium texture. Rich in Iron and vitamin B-12.

Ingredients

Herring

Country of Origin

USA/ Canada - Wild caught

Quality Control

HACCP

Cape Seafoods, Inc

3 State Fish Pier

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