Herring is an excellent source of vitamins A, D and B12. It has a high content of EPA and DHA (Omega-3) fatty acids. Exact values will vary according to fat content.

**Gradings whole round fish**
- 125-200 gr. / 200-300 gr. / 250 gr. up / 300 gr. up / 350 gr. up / 400 gr. up

**Gradings butterfly fillets**
- 10-16 / 8-12 / 6-10 / 5-8 / 4-7 pcs./kg.

**Gradings Eurocut single fillets**
- 30-50 gr. / 30-60 gr. / 40-70 gr. / 50-80 gr. / 60-90 gr.

**Packing Styles**
- Jumble packed and handlaid/vacuum packed.

**Carton Size**
- 7 kg. / 20 kg.

**Processed**
- Salted
- Marinated
- Frozen
- Fresh

**Herring Roe**
- Natural
- Salted

**Fat content**

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**Product characteristics**

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**NUTRITION FACTS**
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**CATCHING METHODS**
- Purse seine
- Trawl

Please contact us for custom made products.

**Spring Spawning Herring**

*Lat. Clupea harengus.*