

# Spring Spawning Herring

*Lat. Clupea harengus.*



## Product characteristics

### 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.

### Processed

Salted  
Marinated  
Frozen  
Fresh

### Herring Roe

Natural  
Salted

### Packing Styles

Jumble packed and  
handlaid/vacuum  
packed.

### Carton Size

7 kg. / 20 kg.

*Please contact  
us for custom  
made products*

## Fat content



## NUTRITION FACTS

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.

## CATCHING METHODS

Purse seine  
Trawl