



**WILD-CAUGHT
MARINATED HERRING**
Original Family Recipes
READY TO EAT



550mg EPA+DHA Omega-3 Per Serving
KEEP REFRIGERATED | NORWEGIAN WILD-CAUGHT

Ma Baensch
KISS OF HEALTH SINCE 1932



ORIGINAL RECIPE NET WT. 12OZ (340g)

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	5 servings per container	Total Fat 2.5g	3%	Total Carb. 10g
Serving size 1/4 cup (55g drained)	Sat. Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 8g	
	Cholesterol 15mg	5%	Incl. 8g Added Sugars	16%
Calories per serving 80	Sodium 460mg	20%	Protein 4g	
	Vitamin D 6% · Calcium 0% · Iron 0% · Potassium 0%			

INGREDIENTS: Herring, Onions, Water, Pure Cane Sugar, Distilled White Vinegar, Salt, Clove, Bay Leaf, Cassia, Nutmeg, Red Pepper and Cardamom.
CONTAINS: Herring (Fish)

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