



WILD-CAUGHT
MARINATED HERRING
Original Family Recipes
READY TO EAT

Ω OMEGA 3	G F GLUTEN FREE	0 TRANS FAT	✓ GOOD SOURCE OF PROTEIN
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800mg EPA+DHA Omega-3 Per Serving
 See nutrition information for sodium content.
 KEEP REFRIGERATED | NORWEGIAN WILD-CAUGHT

Ma Baensch
 KISS OF HEALTH SINCE 1932



SOUR CREAM + CHIVES NET WT. 12OZ (340g)

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	6 servings per container	Total Fat 4g	5%	Total Carb. 7g
Serving size 1/4 cup (55g)	Sat. Fat 1g	5%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 7g	
	Cholesterol 25mg	8%	Incl. 7g Added Sugars	14%
Calories per serving 90	Sodium 590mg	26%	Protein 6g	
	Vitamin D 6% · Calcium 2% · Iron 0% · Potassium 0%			

INGREDIENTS: Herring, Sour Cream (Cultured Cream, Enzymes), Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavor, Vitamin A Palmitate, Vitamin D3), Sugar, Chives, Guar Gum, Gum Acacia, Xanthan Gum, Onion, Garlic, Water, Distilled White Vinegar, Salt, Clove, Bay Leaf, Cassia, Nutmeg, Red Pepper and Cardamom.
CONTAINS: Herring (Fish), Milk
 Distributed by Baensch Food Products Co., a division of Wild Foods, Inc. Milwaukee, Wisconsin 53212-2695

