



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



800mg EPA+DHA Omega-3 Per Serving  
 See nutrition information for sodium content.  
 KEEP REFRIGERATED | CANADIAN 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%
Calories per serving <b>90</b>	Trans Fat 0g		Total Sugars 7g	
	Cholesterol 25mg	8%	Incl. 7g Added Sugars	14%
	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 53207-0684

