



## Herring(Atlantic USA)



### ANALYSIS GUIDE

	9"/un	9-12"
Ash:	2.59%	2.98%
Carbohydrates:	<dl	<dl
Fat:	4.52%	6.74%
Moisture:	75.51%	74.83%
Protein:	17.05%	16.08%
Calories:	108.88 cal/100g	124.98 cal/100g

**Scientific Name:** *Clupea harengus*

Produced off the Northeast Coast of the United States, they are graded 5 to 8 inches and 9 to 12 inches in length. Commonly referred to as “low fat” Herring.

**Produced:** September through December  
January through April

**Packaged:** Assorted case sizes