



MARKETING

Rugen Fisch Smoked Herring Fillets Fillets in Vegetable Oil and Own Juice, ready to eat canned fish product from Germany. Herrings are high in healthy omega-3 fatty acids and a good source of vitamin D

Nutrition Facts

2 Servings per container
Serving Size 1/2 drained can

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 12 g	15%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 170 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 10 g	
Vitamin D 15.2 mcg	80%
Calcium 40 mg	4%
Iron 0.6 mg	4%
Potassium 180 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
13007	00639138513238	32/6.7 OZ				
Brand	Brand Owner	GPC Description				
Rugen Fisch	Brooklyn Imports	Shellfish Prepared/Processed (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
17.6 LBR	14.1 LBR	No	Germany	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	7 INH	7.25 INH	0.35 FTQ	22x07	830 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Pantry Item - Keep in a Dry cool place.---UNIT UPC: 639138513238---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - N
- Crustaceans - N

INGREDIENTS

Herring Fillets - Clupea Harengus (76%), Rapeseed Oil, Salt, Beechwood Smoke

Rugen Fisch

130070 - Smoked Herring Fillets

Rugen Fisch Smoked Herring Fillets in Vegetable Oil and Own Juice Canned Fish Product



PREPARATION & COOKING SUGGESTIONS

Ready to eat canned fish product

SERVING SUGGESTIONS

Use in any recipe with seafood, it can also be used as a substitute for anchovies, ready to eat product, eat as is or with rice, crackers, flat breads

MORE INFORMATION