



MARKETING

Rugen Fisch Herring in Tomato Sauce Canned Fish Ready to eat meal, product of Germany. Good source of protein and omega-3 fatty acids, certified sustainable seafood MSC

Nutrition Facts

2 Servings per container

Serving Size 1/2 can

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 16 g **21%**

Saturated Fat 2.5 g **12%**

Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 290 mg **13%**

Total Carbohydrates 5 g **2%**

Dietary Fiber 1 g **3%**

Total Sugars 3 g

Includes 3 g Added Sugars **6%**

Protein 11 g

Vitamin D 15.6 mcg 80%

Calcium 40 mg 4%

Iron 0.8 mg 4%

Potassium 190 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		
13003		00639138527617		32/7.05 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	
16.11 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 - shelf stable---UNIT UPC: 639138527617---

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), water, tomato paste, canola oil, sugar, guar gum, mango chutney (sugar, mango, vinegar, salt, spices) food starch-modified, vinegar, spices, natural flavor. Contains: Fish (herring)

Rugen Fisch

130030 - Herring Fillets in Tomato Sauce

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PREPARATION & COOKING SUGGESTIONS

Ready to Eat

SERVING SUGGESTIONS

Ready to eat canned fish product, eat as is, over rice, on flat bread or crackers

MORE INFORMATION