

Sustainably-fished Smoked Herring (kippers) in Organic Rapeseed Oil

Sustainably-fished herring caught by local boats in Scotland, UK.

Ingredients: Smoked **herring** fillets (75.5%), rapeseed oil (24%)*, salt *
* organic ingredients certified organic by Certification and Testing Centre, LV-BIO-02
(total percentage of organic ingredients 24%)

Allergy advice: For allergens, see ingredients in **bold**

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 110g		
	Per serving	Typical value per 100g (drained)
Energy	1040kJ/ 250kcal	945kJ/ 227kcal
Fat - Total	17.6g	16g
of which saturates	3.6g	3.3g
Carbohydrates	0g	0g
of which sugars	0g	0g
Protein	23.1g	21g
Salt	1.4g	1.3g
Sodium	561mg	510mg
Omega 3	2.9g	2.6g

Net weight **110g**

Drained weight **75g**

Best before: see end of pack

Once opened, keep refrigerated and consume within 2 days

Packed in Latvia for Organico Realfoods , 3 City Limits, Reading RG6 4UP, UK.
Tel: 0118923 8760. www.fish4ever.co.uk. Imported in Australia by First Ray,
Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia.www.firstray.com.au

FISH 4 EVER

Smoked Kippers in organic rapeseed oil

Trace your fish



Scan here and use the lot code on the end of the pack

High in
Omega
3



Made in Latvia

FISH 4 EVER
Sustainably-fished smoked Kippers
in organic rapeseed oil

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