



Lake Herring

Coregonus Artedi

Nutrition Facts

Serving Size 1 fillet

Amount Per Serving

Calories 179

% Daily Values*

Total Fat 10g		0%
Saturated Fat	2g	0%
Polyunsaturated Fat	1.233g	
Monounsaturated Fat	1.733g	
Cholesterol 68mg		0%
Sodium 169mg		0%
Potassium 962mg		
Total Carbohydrate 0g		0%
Dietary Fiber	0g	0%
Sugars	-	
Protein 20g		
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Vitamin A	0%	Vitamin C
Calcium	0%	Iron
		0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

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Lake Herring are small slender school fish that generally inhabit the midwater regions of the Great Lakes. As water temperatures drop in the fall, the Herring forms large spawning schools. In the Great Lakes region this occurs in late November or early December, a week or two after the Whitefish have spawned. Lake Herring inhabits the clear cold waters of most deep lakes. In Ontario, it occurs in all the Great Lakes and in numerous inland lakes. It enters brackish water off the mouths of rivers which flow into Hudson Bay. The Herring needs an abundant source of oxygen which is usually present in deep, infertile lakes, as opposed to a deficiency of oxygen in some deep, fertile lakes in late summer.

Herring are slender and silvery, and each has two flaps on the septum dividing the nostril. However, the lake whitefish has a rounded, blunt snout, while the lake herring has a pointed snout with a longer lower jaw. The Herring are an oily fish rich in protein, vitamins and Omega-3 fatty acids, which are beneficial to health. They can grow up to 40cm/16in in length.

Harvested from the Great Lakes, Presteve Foods is able to provide Quality processed Lake Herring fish. Presteve Foods offer Herring fish packaged to the customer's specifications. Fresh products are sporadically available from springtime through the end of the year. Frozen product is available year round in frozen, head-on form.