



Whitefish Roe/Sikrom

Coregonus clupeaformis

Nutrition Facts

Serving Size 1 oz

Amount Per Serving

Calories 25 Calories from Fat 13

% Daily Values*

Total Fat 1.42g	2%
Saturated Fat 1.449g	0%
Polyunsaturated Fat 1.233g	
Monounsaturated Fat 1.733g	
Cholesterol 0g	0%
Sodium	0%
Potassium	
Total Carbohydrate 0.68g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 2.27g	
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Vitamin A 3%	Vitamin C 0%
Calcium 2%	Iron 1%

* 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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Whitefish Roe comes from lake whitefish, (*Coregonus clupeaformis*), taken from the cold clear waters of Canada during the spawn season. Whitefish roe is also referred to as Sikrom. Whitefish Roe is collected October-November of each spawning season. Only the best eggs are saved during this short season and as a Canadian Food Inspection Agency (CFIA) approved ready to eat operation rigid quality and hygiene measures are maintained as part of the Presteve Foods QMP/HACCP plan.

Whitefish produce a golden color Roe. Presteve Foods have also developed two color added varieties in red and in black. For this color added variety we use the same quality Roe, blended with natural USFDA & CFIA colorings that offer the discerning customer greater variety with beautiful eye appeal. The eggs are small, grained and very firm which gives a very nice crunchy texture. The taste is mild and very pleasant. Whitefish Roe is excellent on crackers, but also add flavor to a wide variety of foods. Add it to sauces and spreads, or use as a garnish for hors d'oeuvre, salads and fish dishes.

The best preparation is simply an overnight defrost in your refrigerator. Whitefish Roe can also be quickly thawed by placing the sealed container in cool water for about an hour. All Presteve Foods Whitefish Roe is fully READY-TO-EAT with a mild and fresh taste that will allow a wide variety of menu applications.