

## Lake Whitefish Caviar (*Coregonus clupeaformis*) – 95g jar



Also known as “Golden Caviar” Whitefish roe is popular in Europe and North America and offers superior quality and incredible versatility. Our whitefish caviar is decadent, delicious and sustainably harvested from fish wild-caught in the pristine lakes of Canada.

### Quality and Taste

Sourced from the best Lake Whitefish, ensuring top-notch quality and freshness. Enjoy a slightly sweet taste with a firm texture that adds a burst of flavor to any dish.

The roe is processed and packed under strict quality control measures to maintain its freshness and taste

### Nutritional Benefits

Our Lake Whitefish Roe is packed with essential nutrients, including omega-3 fatty acids, vitamins, and minerals.

### Culinary Uses

Perfect for a variety of culinary applications, from appetizers to main courses. Enhance sushi rolls, seafood dishes, or serve as a sophisticated appetizer with crackers and cream cheese.

### Packaging

Our Lake Whitefish Roe is available in 95g jars

**Ingredients:** Lake Whitefish Roe, Salt

**Harvest Zone:** Canadian freshwater lakes

**Shelf Life:** 24 months

**Storage:** Keep frozen

### Nutrition Facts Valeur nutritive

Per 15 g / par 15 g

<b>Calories 25</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	<b>2 %</b>
<b>Carbohydrate / Glucides 1 g</b>	
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	<b>0 %</b>
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 100 mg</b>	<b>33 %</b>
<b>Sodium 200 mg</b>	<b>9 %</b>
Potassium 0 mg	<b>0 %</b>
Calcium 10 mg	<b>1 %</b>
Iron / Fer 0.1 mg	<b>1 %</b>

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup