

# Swedish Pickled Herring Appetizer

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-herring-recipe>

## Ingredients:

- 1 tablespoon pickling spice
- 1 cup water
- 1/3 cup white onion chopped
- 8 1/2 ounces herring fillet
- 1 chunk oil
- 1/4 teaspoon dill weed
- 2 tablespoons granulated sugar
- 2 tablespoons olive oil
- 2 tablespoons vinegar agrodolce

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Fat: 7 grams
4. SaturatedFat: 1 grams
5. Sugar: 7 grams

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