



Patagonia Provisions

1100856 - Roasted Garlic Mackerel

Patagonia Provisions Roasted Garlic Mackerel is caught using a baitless hook-and-line method off the north coast of Spain. The fillets are packed in roasted garlic and extra-virgin olive oil and are a great accompaniment for pastas, salads, sandwiches or with crackers for a delicious snack.



Nutrition Facts

Servings per Container 1
Serving size 120grams (1CN)

Amount per serving
Calories 340

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 5g	25%
Trans Fat	
Cholesterol 55mg	18%
Sodium 560mg	24%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 21g	
Vitamin D 1.9mcg	10%
Calcium 20mg	2%
Iron 1.5mg	8%
Potassium 420mg	9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Patagonia Provisions, the food division of apparel company, Patagonia Inc, works to inspire and implement solutions to the environmental crisis through responsibly and regeneratively sourced foods. Patagonia Provisions is a certified B Corporation and member of 1% For the Planet. Patagonia Provisions Roasted Garlic Mackerel is caught using a baitless hook-and-line method off the north coast of Spain. The fillets are packed in roasted garlic and silky extra-virgin olive oil which highlight the delicate flavor of the mackerel. Our roasted garlic mackerel is a great accompaniment for pastas, salads, sandwiches, or with crackers for a simple snack.

Ingredients

Mackerel, organic extra-virgin olive oil, organic garlic, salt, organic red pepper

Allergens

Contains:



Free From:



Handling Suggestions

Refrigerate after opening.

Serving Suggestions

Great right out of the can, in a sandwich, with pasta or salad.

Prep & Cooking Suggestions

Open tin, enjoy!

Product Specifications

Brand	Manufacturer	Product Category
Patagonia Provisions	Patagonia Provisions	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
810981021662	145031	1100856	20810981021666		10/4.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3.5lb	2.63lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	10in	8in	0.65ft3	11x6	949days	60°F / 77°F



Patagonia Provisions

1100856 - Roasted Garlic Mackerel

Patagonia Provisions Roasted Garlic Mackerel is caught using a baitless hook-and-line method off the north coast of Spain. The fillets are packed in roasted garlic and extra-virgin olive oil and are a great accompaniment for pastas, salads, sandwiches or with crackers for a delicious snack.



Nutrition Analysis - By Measure

Calories	340	Total Fat	29g	Sodium	560mg
Protein	21	Trans Fats		Calcium	20mg
Total Carbohydrates...	0g	Saturated Fat	5g	Iron	1.5mg
Sugars	0g	Added Sugars	0g	Potassium	420mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)		Vitamin D	1.9mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

