



Patagonia Provisions

1100857 - Lemon Caper Mackerel

Patagonia Provisions Lemon Caper Mackerel 4.2oz

Hook-and-line caught Atlantic mackerel packed in organic extra-virgin olive oil and seasonings

Mild taste and meaty texture. Great in pasta, on salads, in a sandwich, on crackers, or simply right out of the tin.



Nutrition Facts

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

Amount per serving
Calories 320

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 28g | 36% |
| Saturated Fat 5g | 25% |
| Trans Fat | |
| Cholesterol 55mg | 18% |
| Sodium 690mg | 30% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugar | 0% |
| Protein 19g | |
| Vitamin D 1.8mcg | 9% |
| Calcium 20mg | 2% |
| Iron 1.3mg | 7% |
| Potassium 350mg | 7% |

* 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 Lemon Caper Mackerel is caught off the north coast of Spain using a baitless hook-and-line method, by a community based fishery. The fillets are packed in certified organic extra-virgin olive oil, tangy lemon and capers. Our mackerel has a mild taste with meaty texture. Great in pasta, on salads, in a sandwich, on crackers, or simply right out of the tin.

Ingredients

Mackerel, organic extra-virgin olive oil, organic lemon, organic capers in vinegar, salt

Allergens

Contains:



Free From:



crustaceans



eggs



milk



peanuts



soy



tree nuts



wheat

Handling Suggestions

Refrigerate after opening

Serving Suggestions

Great in pasta and sandwiches, on salads, on crackers or simply right out of the tin

Prep & Cooking Suggestions

Open tin, enjoy

Product Specifications

| Brand | Manufacturer | Product Category |
|----------------------|----------------------|------------------|
| Patagonia Provisions | Patagonia Provisions | |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|--------|---------|----------------|------|------------|
| 810981021655 | 145021 | 1100857 | 20810981021659 | | 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 |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|-----|---------------------|--------|---------------|-------|
| Calories | 320 | Total Fat | 28g | Sodium | 690mg |
| Protein | 19 | Trans Fats | | Calcium | 20mg |
| Total Carbohydrates... | 0g | Saturated Fat | 5g | Iron | 1.3mg |
| Sugars | 0g | Added Sugars | 0g | Potassium | 350mg |
| Dietary Fiber | 0g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 55mg | | |
| Vitamin A(U) | | Vitamin D | 1.8mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-1 2 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

