

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.



* 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	A Allergens
Mackerel, organic extra-virgin olive oil, organic lemon, organic capers in vinegar, salt	Contains: if fish Free From: crustaceans eggs milk peanuts soy tree nuts wheat

Nutrition Facts

Servings per Container 120grams (1CN) Serving size

Amount per serving alorios

Calories	320
% Da	ily 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	n a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

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	TIxHI	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(IU)•		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	

0	• Additional Images					

