



Patagonia Provisions

1100868 - Smoked Mackerel

Patagonia Provisions Smoked Mackerel. Caught using hook-and-line method. Smoked and packed in organic extra-virgin olive oil. Great in pasta, on salads, in sandwiches, with crackers, or right out of the tin.



Nutrition Facts

Servings per Container	2
Serving size	0.5CN
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3.5g	18%
<i>Trans Fat</i>	
Cholesterol 25mg	8%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.5mg	3%
Potassium 170mg	4%

* 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 Smoked Mackerel Our Atlantic mackerel are caught off the north coast of Spain using a baitless hook-and-line method, by a community based fishery. We smoke our wild Atlantic mackerel over fragrant Mediterranean bay wood and leaves, adding no other seasonings except salt and organic extra-virgin olive oil. Mild taste and meaty texture. Our mackerel is good in pasta, on salads, in sandwiches, on crackers, or simply right out of the tin.

Ingredients	Allergens
Mackerel, organic extra-virgin olive oil, salt, natural wood smoke	<p>Contains:</p> <ul style="list-style-type: none"> fish <p>Free From:</p> <ul style="list-style-type: none"> crustaceans eggs milk peanuts soy tree nuts wheat

Handling Suggestions
Refrigerate after opening.
Serving Suggestions
Ready-to-eat. Great right out of the tin, on crackers or salad, in a sandwich, mixed into pasta, or many other dishes.
Prep & Cooking Suggestions
Open tin, enjoy!

Product Specifications						
Brand	Manufacturer		Product Category			
Patagonia Provisions	Patagonia Provisions					
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
810981021853	145051	1100868	20810981021857		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	220	Total Fat	20g	Sodium	310mg
Protein	11	Trans Fats		Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	3.5g	Iron	0.5mg
Sugars	0g	Added Sugars	0g	Potassium	170mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

