



Patagonia Provisions

1100870 - Spanish Paprika Mackerel

Patagonia Provisions Spanish Paprika Mackerel. Hook-and-line caught Atlantic mackerel. Packed in organic onion, red bell pepper, garlic, and paprika in organic extra-virgin olive oil. Mild taste and meaty texture. A great for pasta, salads, sandwiches, crackers or simply right out of the tin.



Nutrition Facts

Servings per Container	1
Serving size	120grams (1CN)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 4.5g	23%
<i>Trans Fat</i>	
Cholesterol 60mg	20%
Sodium 320mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 20g	
Vitamin D 1.6mcg	8%
Calcium 10mg	1%
Iron 1.4mg	8%
Potassium 360mg	8%

* 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 Spanish Paprika Mackerel. Our Atlantic mackerel is caught off the north coast of Spain using a baitless hook-and-line method, by a community based fishery. After harvest, the fillets are packed in slow-cooked organic onion, red bell pepper, garlic, and paprika in organic extra-virgin olive oil. The fish has a mild taste and meaty texture. A great pantry staple for pasta, salads, sandwiches, crackers or simply right out of the tin.

Ingredients

Mackerel, organic extra-virgin olive oil, organic red bell pepper, organic onion, organic apple cider vinegar, organic garlic, organic Spanish paprika, salt, organic black pepper

⚠ Allergens

Contains:



Free From:

- crustaceans
- eggs
- milk
- peanuts
- soy
- tree nuts
- wheat

Handling Suggestions

Refrigerate after opening

Serving Suggestions

Great right out of the tin, on crackers, on salad, in sandwiches and pasta or a variety of 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.
810981021679	145041	1100870	20810981021673		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

1100870 - Spanish Paprika Mackerel

Patagonia Provisions Spanish Paprika Mackerel. Hook-and-line caught Atlantic mackerel. Packed in organic onion, red bell pepper, garlic, and paprika in organic extra-virgin olive oil. Mild taste and meaty texture. A great for pasta, salads, sandwiches, crackers or simply right out of the tin.



Nutrition Analysis - By Measure

Calories	300	Total Fat	25g	Sodium	320mg
Protein	20	Trans Fats		Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	4.5g	Iron	1.4mg
Sugars	0g	Added Sugars	0g	Potassium	360mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60mg		
Vitamin A(U)		Vitamin D	1.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

