



Fishwife Tinned Seafood Co

1101246 - Slow Smoked Mackerel With Chili Fla

Our mackerel is responsibly caught by family-owned boats in the Atlantic during the winter months when mackerel quality is at its peak. Our mackerel is handcut, sweetcured and smoked over beechwood. It's hand-packed with Spanish olive oil that's been infused in-house with crushed chilies and garlic.



Nutrition Facts

Servings per Container 1
Serving size 72.0g (72g)

Amount per serving
Calories 220

% Daily Value*

Total Fat	15g	19%
Saturated Fat	4g	20%
Trans Fat		
Cholesterol	55mg	18%
Sodium	620mg	27%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes 2g Added Sugar		4%
Protein	15g	
Vitamin D	5.6mcg	28%
Calcium	274mg	21%
Iron	10.8mg	60%
Potassium	2592mg	55%

* 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

Fishwife is a new female-founded and led food company aiming to make ethically-sourced, premium, and delicious tinned seafood a staple in every cupboard. We source from responsibly managed fisheries and aquaculture farms to bring the vibrance of conserves culture to the North American table. Featured in The New York Times, Food & Wine, Vogue, Vanity Fair, Refinery29, New York Magazine, Epicurious, Conde Nast Traveler, and other publications.

Say hello to our Slow Smoked Mackerelcaramelized and crispy on the outside, buttery and tender on the inside.

Our Slow Smoked Mackerel is:

Hand-cut, sweetcured, and slowly smoked over natural wood, then hand-packed and infused in-house with crushed chilis and garlic for a savory, rich flavor with a bite of heat.

Rich in Protein and Vitamin-D, contains 2471mg of Omega-3's per serving.

Responsibly wild-caught by family-owned boats in the Northeast Atlantic during the winter months when mackerel quality is at its peak.

Ingredients

Mackerel (Fish), Olive Oil, Demerara Sugar, Salt, Crushed Chili, Garlic

Allergens

Contains:



Free From:



Handling Suggestions

Store in a cool, dry place. Refrigerate after opening

Serving Suggestions

<https://eatfishwife.com/blogs/recipes>

Prep & Cooking Suggestions

Open & enjoy!

Product Specifications

Brand	Manufacturer	Product Category
Fishwife Tinned Seafood Co	Shrimp Girls Inc.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
850046148002	FMCMAC0001	1101246	10850046148009		12/3.7 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3.8lb	2.8lb	United Kingdom	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	4.5in	3.5in	0.1ft3	36x15	999days	60°F / 77°F



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Nutrition Analysis - By Measure

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Protein	15	Trans Fats		Calcium	274mg
Total Carbohydrates...	4g	Saturated Fat	4g	Iron	10.8mg
Sugars	2g	Added Sugars	2g	Potassium	2592mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)		Vitamin D	5.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

