



Siesta Co.

# 1101478 - Mackerel In Olive Oil

Skinless and boneless, these gourmet-quality tender loins of mackerel are packed individually by hand in extra virgin organic olive oil with a touch of sea salt.



## Nutrition Facts

Servings per Container 1  
Serving size 3.00Z (3oz)

Amount per serving  
**Calories 150**

% Daily Value\*

|                              |            |
|------------------------------|------------|
| <b>Total Fat</b> 6g          | <b>7%</b>  |
| Saturated Fat 1g             | <b>5%</b>  |
| Trans Fat                    |            |
| <b>Cholesterol</b> 40mg      | <b>13%</b> |
| <b>Sodium</b> 700mg          | <b>30%</b> |
| <b>Total Carbohydrate</b> 0g | <b>0%</b>  |
| Dietary Fiber 0g             | <b>0%</b>  |
| Total Sugars 0g              |            |
| Includes 0g Added Sugar      | <b>0%</b>  |
| <b>Protein</b> 23g           |            |
| Vitamin D 0.8mcg             | <b>4%</b>  |
| Calcium 13mg                 | <b>1%</b>  |
| Iron 1.08mg                  | <b>6%</b>  |
| Potassium 272mg              | <b>6%</b>  |

\* 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

Skinless and boneless, these gourmet-quality tender loins of mackerel are packed individually by hand in extra virgin organic olive oil with a touch of sea salt. These nutrient rich, flaky and flavorful loins are the perfect snack to enjoy out of the tin, or mixed into a salad with your favorite ingredients. A classic gastronomic delight from the region. Ingredients: Mackerel, organic extra virgin olive oil, sea salt

### Ingredients

Mackerel, organic extra virgin olive oil, sea salt

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Refrigerate after opening

### Serving Suggestions

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### Prep & Cooking Suggestions

These nutrient rich, flaky and flavorful loins are the perfect snack to enjoy out of the tin, or mixed into a salad with your favorite ingredients.

### Product Specifications

| Brand      | Manufacturer | Product Category |
|------------|--------------|------------------|
| Siesta Co. | Tipic Inc    |                  |

| UPC          | MFG #         | SPC #   | GTIN           | Pack | Pack Desc. |
|--------------|---------------|---------|----------------|------|------------|
| 787790163763 | MACKEREL10PCK | 1101478 | 20787790163767 |      | 10/4.37 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 2.96lb       | 2.73lb     | Spain             | No     |                 |

| Shipping Information |        |        |         |       |            |                      |
|----------------------|--------|--------|---------|-------|------------|----------------------|
| Length               | Width  | Height | Volume  | TlxHI | Shelf Life | Storage Temp From/To |
| 12.5in               | 2.75in | 1.25in | 0.02ft3 | 38x14 | 949days    | 60°F / 77°F          |



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## Nutrition Analysis - By Measure

|                        |     |                     |        |              |        |
|------------------------|-----|---------------------|--------|--------------|--------|
| Calories               | 150 | Total Fat           | 6g     | Sodium       | 700mg  |
| Protein                | 23  | Trans Fats          |        | Calcium      | 13mg   |
| Total Carbohydrates... | 0g  | Saturated Fat       | 1g     | Iron         | 1.08mg |
| Sugars                 | 0g  | Added Sugars        | 0g     | Potassium    | 272mg  |
| Dietary Fiber          | 0g  | Polyunsaturated Fat |        | Zinc         |        |
| Lactose                |     | Monounsaturated Fat |        | Phosphorus   |        |
| Sucrose                |     | Cholesterol         | 40mg   |              |        |
| Vitamin A(U)           |     | Vitamin D           | 0.8mcg | Thiamin      |        |
| Vitamin A(RE)          |     | Vitamin E           |        | Niacin       |        |
| Vitamin C              |     | Folate              |        | Riboflavin   |        |
| Magnesium              |     | Vitamin B-6         |        | Vitamin B-12 |        |
| Monosodium             |     | Sulphites           |        | Nitrates     |        |

## Additional Images

