



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

* 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

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⚠ Allergens

Contains:



Free From:



Handling Suggestions

Refrigerate after opening

Serving 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.

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(IU)• | | 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

