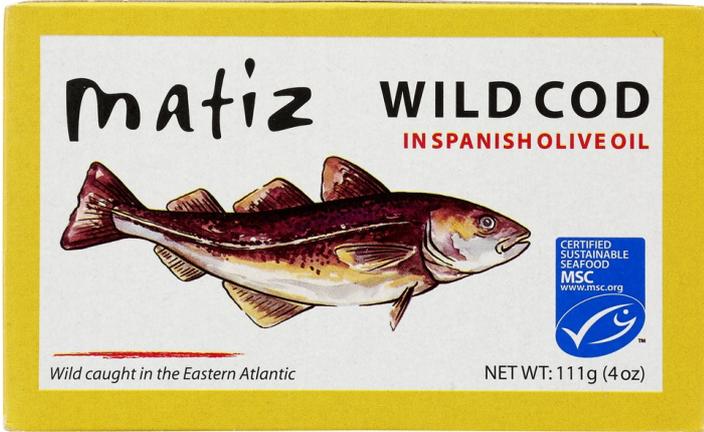




Matiz

401326 - Cod In Olive Oil

This tender and flaky cod has a savory flavor. Prepared from traditional salt-cured fillets, our cod is soaked and then gently poached in Spanish olive oil.



Nutrition Facts

Servings per Container 1
Serving size Drained (2.8oz)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 60mg	2%

* 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

Wild-caught Atlantic Cod is hand-packed in Galicia in northern Spain and MSC certified. This tender and flaky cod has a savory flavor. Prepared from traditional salt-cured fillets, our cod is soaked and then gently poached in Spanish olive oil. It is ready to eat right from the tin, as a complement to salads, pastas, or in traditional salt cod dishes like fritters and brandade.

Ingredients

cod (fish) MSC certified*, olive oil (28%), sea salt.

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Refrigerate after opening. UNIT
UPC: 832924001326

Serving Suggestions

Open and eat or add to any preparation.

Prep & Cooking Suggestions

Open and eat or add to any preparation.

📄 Product Specifications

Brand	Manufacturer
Matiz	Power Selles Imports

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924001326	MZG19	401326	10832924001323		12/4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.41lb	3lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76in	4.53in	2.76in	0.11ft3	20x14	585days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	100	Total Fat	5g	Sodium	470mg
Protein	13	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	0g	Saturated Fat	0.5g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	60mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

