



Matiz

# 405201 - Wild Sardines With Olive Oil

Wild-caught in the waters of the Eastern Atlantic and hand packed in Galicia in northern Spain, Matiz Sardines are considered one of the finest sardines available. They are prepared in traditional Spanish style with Spanish olive oil and sea salt.



## Nutrition Facts

Servings per Container	1
Serving size	3.00Z (3oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 340mg	<b>15%</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> 18g	
Vitamin D 4mcg	<b>20%</b>
Calcium 260mg	<b>20%</b>
Iron 2mg	<b>11%</b>
Potassium 310mg	<b>7%</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

Wild-caught in the waters of the Eastern Atlantic and hand packed in Galicia in northern Spain, Matiz Sardines are considered one of the finest sardines available. Prized for their plump, tender texture and rich flavor, they are prepared in traditional Spanish style with Spanish olive oil and sea salt. Enjoy fresh from the tin, or tossed with veggies, pasta, and a touch of lemon.

#### Ingredients

Sardines (fish), olive oil, sea salt.

#### ⚠ Allergens

##### Contains:



##### Free From:



crustaceans



eggs



milk



peanuts



soy



tree nuts



wheat

### Handling Suggestions

Refrigerate after opening.

### Serving Suggestions

Enjoy fresh from the tin, or tossed with veggies, pasta, and a touch of lemon.

### Prep & Cooking Suggestions

Use as is or add to your favorite preparation.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Matiz	Power Selles Imports	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924005201	MZG11	405201	10832924005208		12/4.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.61lb	3.15lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76in	4.53in	2.76in	0.11ft3	20x14	426days	60°F / 77°F



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### Nutrition Analysis - By Measure

Calories	200	Total Fat	14g	Sodium	340mg
Protein	18	Trans Fats		Calcium	260mg
Total Carbohydrates...	0g	Saturated Fat	3g	Iron	2mg
Sugars	0g	Added Sugars	0g	Potassium	310mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(U)		Vitamin D	4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

