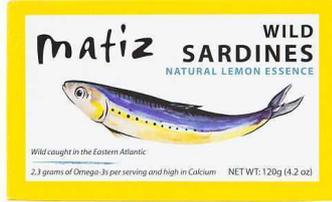




Matiz

# 405225 - Wild Sardines With Lemon

The very finest wild caught sardines from Galicia in northern Spain. Hand-packed with oil and lemon essence for a clean, citrus flavor and plump tender, yet perfectly firm texture.



## Nutrition Facts

Servings per Container	1
Serving size	3.00Z (3oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</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> 17g	
Vitamin D 2mcg	<b>12%</b>
Calcium 640mg	<b>50%</b>
Iron 3mg	<b>20%</b>
Potassium 260mg	<b>6%</b>

### \* 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 a touch of natural lemon and sea salt. Enjoy fresh from the tin, or on toast with avocado, onion, and hot sauce.

### Ingredients

Sardines (fish), sunflower oil, natural lemon essential oil, sea salt.

### ⚠ Allergens

#### Contains:



#### Free From:



\* 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.

### Handling Suggestions

Refrigerate after opening. UNIT  
UPC: 832924005225

### Serving Suggestions

Serve as a Tapa, with pasta, rice, salads etc.

### Prep & Cooking Suggestions

Open and serve, or add into any preparation.

### 📄 Product Specifications

Brand	Manufacturer
Matiz	Power Selles Imports

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924005225	MZG10	405225	10832924005222		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	230	Total Fat	18g	Sodium	340mg
Protein	17	Trans Fats	0g	Calcium	640mg
Total Carbohydrates...	0g	Saturated Fat	5g	Iron	3mg
Sugars	0g	Added Sugars	0g	Potassium	260mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(U)		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

