



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.



* 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:

- crustaceans
- eggs
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container	1
Serving size	3.00Z (3oz)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 340mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 17g	
Vitamin D 2mcg	12%
Calcium 640mg	50%
Iron 3mg	20%
Potassium 260mg	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.

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	TlxHl	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(IU)•		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

