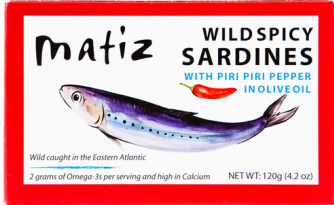




Matiz

405638 - Wild Spicy Sardines

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. Hand-packed with Spanish olive oil and spicy piri piri chilies.



Nutrition Facts

Servings per Container 1
Serving size 3.00Z (3oz)

Amount per serving
Calories 200

% Daily Value*

Total Fat	14g	18%
Saturated Fat	3g	15%
Trans Fat		
Cholesterol	35mg	12%
Sodium	340mg	15%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	18g	
Vitamin D	4mcg	20%
Calcium	260mg	20%
Iron	2mg	11%
Potassium	310mg	7%

* 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. Prepared with spicy piri piri chili peppers and olive oil, they are plump and tender with a rich spicy flavor. Enjoy fresh from the tin, or on toast with avocado and onion.

Ingredients

Sardines (fish), olive oil, piri piri chili pepper, salt.

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Refrigerate after opening.

Serving Suggestions

Enjoy fresh from the tin, or on toast with avocado and onion.

Prep & Cooking Suggestions

Open and eat or add to your favorite preparation.

📄 Product Specifications

Brand	Manufacturer	Product Category
Matiz	Power Selles Imports	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924005638	MZG16	405638	10832924005635		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

