Fishwife Tinned Seafood Co

1101244 - Sardines with Preserved Lemon

Fishwife is a new female-founded and led food company aiming to make ethically-sourced, premium, and delicious tinned seafood a staple in every cupboard. We source from responsibly managed fisheries and aquaculture farms to bring the vibrance of conservas culture to the North American table. Featured in The New York Times, Food & Wine, Vogue, Vanity Fair, Refinery29, New York M...



MARKETING

Our sardines are responsibly caught by vessels fishing in the Northeast Atlantic from July to April, when sardine quality is at its peak. The sardines are hand-packed into our tins with Spanish extra virgin olive oil, preserved lemon and a touch of sea salt.

Nutrition Facts

1 Servings per container

Serving Size **84.0 GR**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 14 g	**18%**
Saturated Fat 3 g	**15%**
Trans Fat 0 g	
Cholesterol 35 mg	**12%**
Sodium 340 mg	**15%**
Total Carbohydrates 0 g	**0%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 18 g	
Vitamin D 4 mcg	20%
Calcium 260 mg	20%
Iron 1.8 mg	10%
Potassium 376 mg	8%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
FMCSDN0002	10850046148047	12/4.2 OZ

Brand	Brand Owner	GPC Description
Fishwife Tinned Seafood Co	Shrimp Girls Inc.	Fish - Prepared/Processed (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
5 LBR	3.15 LBR	No	Spain	Undeclared	No

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15 INH	4.5 INH	2.7 INH	0.11 FTQ	26x19	1186 Days	60 FAH / 77 FAH

Traceability Regulation

Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

HANDLING SUGGESTIONS

Keep in a cool, dry place. Refrigerate after opening---UNIT UPC: 850046148040---

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - N
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS

Sardines (Fish), Extra Virgin Olive Oil, Lemon, and Salt

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PREPARATION & COOKING SUGGESTIONS

Open and enjoy!

SERVING SUGGESTIONS

https://eatfishwife.com/blogs/recipes

MORE INFORMATION