

# 405225 - Wild Sardines with Lemon



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 sa...



## MARKETING

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

1 Servings per container	
<b>Serving Size</b>	<b>3.0 OZ</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18 g	<b>23%</b>
Saturated Fat 5 g	<b>25%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>11%</b>
<b>Sodium</b> 340 mg	<b>15%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 17 g	
Vitamin D 2 mcg	12%
Calcium 640 mg	50%
Iron 3 mg	20%
Potassium 260 mg	6%

\* 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				
MZG10	10832924005222	12/4.2 OZ				
Brand	Brand Owner	GPC Description				
Matiz	Power Selles Imports	Fish - Prepared/Processed (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
4.61 LBR	3.15 LBR	No	Spain	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.76 INH	4.53 INH	2.76 INH	0.11 FTQ	20x14	426 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

Refrigerate after opening.---UNIT UPC: 832924005225---

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

## INGREDIENTS

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

Matiz

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### PREPARATION & COOKING SUGGESTIONS

Open and serve, or add into any preparation.

### SERVING SUGGESTIONS

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

### MORE INFORMATION