

1101246 - Slow Smoked Mackerel with Chili Flakes



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 mackerel is responsibly caught by family-owned boats in the Atlantic during the winter months when mackerel quality is at its peak. Our mackerel is handcut, sweetcured and smoked over beechwood. It's hand-packed with Spanish olive oil that's been infused in-house with crushed chilies and garlic.

Nutrition Facts

1 Servings per container

Serving Size **72.0 GR**

Amount Per Serving
Calories **220**

% Daily Value*

Total Fat 15 g **19%**

Saturated Fat 4 g **20%**

Trans Fat 0 g

Cholesterol 55 mg **18%**

Sodium 620 mg **27%**

Total Carbohydrates 4 g **1%**

Dietary Fiber 1 g **4%**

Total Sugars 2 g

Includes 2 g Added Sugars %

Protein 15 g

Vitamin D 5.6 mcg 30%

Calcium 274 mg 20%

Iron 10.8 mg 60%

Potassium 259 mg 60%

* 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		
FMCMAC0001		10850046148009		12/3.7 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	
3.8 LBR	2.8 LBR	No	United Kingdom	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.05 INH	4.45 INH	3.15 INH	0.1 FTQ	33x16	1621 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

Store in a cool, dry place. Refrigerate after opening.
--UNIT UPC: 850046148002---

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

INGREDIENTS

Mackerel (Fish), Olive Oil, Demerara Sugar, Salt, Crushed Chili, Garlic

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PREPARATION & COOKING SUGGESTIONS

Open & enjoy!

SERVING SUGGESTIONS

<https://eatfishwife.com/blogs/recipes>

MORE INFORMATION