



TINNED FISH RANGE

Mackerel

Mackerel fillets in organic extra virgin olive oil and lemon thyme

Ingredients

Mackerel (Fish) (70%), organic extra virgin olive oil (28%), lemon thyme (1%), salt.

Allergy advice: For allergens, see ingredients in **bold**. 29% of ingredients of agricultural origin are organic. PT-BIO-03.

Nutritional Declaration per 100g

Energy	867kJ/207kcal
Fat	12g
of which Saturates	1.5g
Carbohydrates	<0.5g
of which Sugars	0g
Protein	24g
Salt	1.0g
Omega-3 fatty acids	3.0g

Sardines

Sardine fillets in organic extra virgin olive oil and seaweed

Ingredients

Sardines (Fish) (70%), organic extra virgin olive oil (27%), seaweed (Bladderwrack, Sea Lettuce) (2%), salt.

Allergy advice: For allergens, see ingredients in **bold**. May contain traces of **molluscs** and **crustaceans**. 29% of ingredients of agricultural origin are organic. PT-BIO-03.

Nutritional Declaration per 100g

Energy	883kJ/211kcal
Fat	13g
- of which Saturates	2.2g
Carbohydrates	<0.5g
- of which Sugars	0g
Protein	23g
Salt	1.0g
Omega-3 fatty acids	2.5g