MACKEREL Scientific Name: Scomber scombrus

Mackerel

Maquereau

Caballa

Our split pickled mackerel is harvested from the icy cold waters of the North Atlantic. Mackerel is a pelagic fish, and as such it is found at shallower depths than whitefish such as cod. It is caught seasonally, in a combination of inshore and offshore areas. Our products are packed exclusively from large size mackerel, carefully selected for their freshness. Mackerel is a natural source of Omega 3 fatty acids.

Bulk Packages:

Split Pickled Mackerel	(pail)	50 lbs (22.7 kg)
Split Pickled Mackerel	(pail)	25 lbs (11.3 kg)

Retail Packages:

Seapro:

Split Pickled Mackerel	(vacuum pack)	20 lbs (9.07 kg)
Pickled Mackerel Fillets	(pouch)	12 x 12 oz (340g)

Nutritional Value:

Nutrition Facts

Serving Size 1/6 fish (55g)
Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**10**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 45mg	**15**%
Sodium 3990mg	**165**%
Total Carbohydrate 0g	**0**%
Dietary Fiber 0g	**0**%
Sugars 0g	
Protein 10g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fish should be desalted prior to cooking.
Nutritional values shown above are prior to desalting and therefore not indicative of the salt content in prepared fish.

merex

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