



J.Willy Krauch Smoked Mackerel is sourced from wild caught Atlantic Mackerel, cut from whole fillets that have an 18-22% fat content. Hot smoked at over 170F with smoke derived from the wild hardwoods of Nova Scotia and lightly cured with salt, the hot smoking process gives the fish a cooked texture that works as an appetizer, on sandwiches or as an addition to salads. A good natural source of Omega 3 (essential fatty acids).



J.Willy Krauch Smoked Mackerel

Preparation & Handling

- Keep Frozen
- Thaw and serve

Product Details

Product Code	JWK 5140
Description	Hot Smoked Mackerel 4.54 kg
Case Size	4.54 kg
Purchasing Unit	1 x 4.54 kg
UPC/SCC	0-62763-05140-8 / 100-62763-05140-5

Product Code	JWK 5145
Description	Hot Smoked Mackerel 10 x 1 lb
Case Size	4.54 kg
Purchasing Unit	10 x 1 lb
UPC/SCC	0-62763-05145-3/ 100-62763-05145-0

Product Code	JWK 5158
Desc.	Hot Smoked Mackerel lemon pepper 10 x 1 lb
Case Size	4.54 kg
Purchasing Unit	10 x 1 lb
UPC/SCC	0-62763-05158-3 / 100-62763-05158-0

Ingredients

Smoked Mackerel: Mackerel, salt, natural smoke
Lemon Pepper Smoked Mackerel: Mackerel, salt, lemon pepper, natural smoke

Nutrition Facts	
Valeur nutritive	
Per (100 g) / par (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 340	
Fat / Lipides 27 g	42 %
Saturated / saturés 6 g	32 %
+ Trans / trans 0.3 g	
Polyunsaturated / polyinsaturés 7 g	
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 6 g	
Monounsaturated / monoinsaturés 13 g	
Cholesterol / Cholestérol 75 mg	
Sodium / Sodium 690 mg	29 %
Potassium / Potassium 360 mg	10 %
Carbohydrate / Glucides 1 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 23 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %