



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 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

Amount Teneur	% Daily Value % valeur quotidienne
Per (100 g) / par (100 g)	
<b>Calories / Calories</b> 340	
<b>Fat / Lipides</b> 27 g	<b>42 %</b>
Saturated / saturés 6 g	<b>32 %</b>
+ 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	
<b>Cholesterol / Cholestérol</b> 75 mg	
<b>Sodium / Sodium</b> 690 mg	<b>29 %</b>
<b>Potassium / Potassium</b> 360 mg	<b>10 %</b>
<b>Carbohydrate / Glucides</b> 1 g	<b>1 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 23 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %