



Presqu'île du Mazet
13230 PORT ST LOUIS DU RHONE
04.42.86.00.91

PRODUCT DATA SHEET

LA BONNE MER
Sardines of the fisherman in
organic olive oil, lemon, garlic
and parsley

FT – LBMPECHB

Version 1

Mise à jour : 04/2017

LA BONNE MER

SARDINES OF THE FISHERMAN IN
ORGANIC OLIVE OIL, LEMON, GARLIC
AND PARSLEY

3 251 870 006 747



Origin:

Produced in France – approval: FR 13.078.002 CE – IFS certified factory

Weight features:

Net weight: 135 g
Drained weight: 95 g

B.B.O:

60 months

Ingredients:

Wild **sardines** (*Sardina pilchardus*) 70%, extra virgin olive oil*, lemon* 2%, garlic* 1,5%, salt, parsley* 0,5%.

*29,2% of agricultural ingredients come from organic farming.
Certified by Bureau Veritas Certification France – FR-BIO-10.

Fish caught in Central East Atlantic Ocean or Mediterranean Sea.

Present allergens: fish
No colouring and preservative
No GMOs – No ionized product

Average energy and nutritional values for 100g drained:

Energy	926 kJ / 222 kcal
Fat	13 g
<i>Of which saturates</i>	3,3 g
Carbohydrates	< 0,5 g
<i>Of which sugar</i>	< 0,5 g
Proteins	26 g
Salt	0,85 g



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Organoleptic features:

Sardines of uniform size, regularly disposal.
Headless, without tail, properly trimmed.
Free from major lesions, good consistency and colour.
No viscera other than eggs, laitance or kidneys.
Free from abnormal flavour and odour (bitter, oxidized or rancid).
Oil of normal colour, clear, free from foreign matter. Presence of marking.

Physicochemical and bacterial features:

Fish NW / NW ratio: > 70 %
Histamine: < 100 ppm
Stable after incubation for 7 days at 37°C and 55°C: change in pH < 0.5
Complies with the regulations in force in terms of contaminants.

Product highlight:

As in the past, our sardines are hand-prepared and put on grids for steam-cooking in our workshops settled in Port Saint Louis du Rhone in Provence. They are guaranteed free of frying and are served with ingredients from organic farming.

Did you know? Once or twice a week, it's recommended to eat canned sardines which are naturally rich in omega 3, vitamin D, calcium and phosphorus. They are like fine wine, they get better with time.

Instructions for use:

To be eaten as it is.

Instructions for preserving:

Before opening, store at room temperature.
Best before: see on the lid.
After opening, keep refrigerated and eat quickly.

Conditioning:

Packages of 16 cans
Pallet of 270 packages (or 4320 cans).