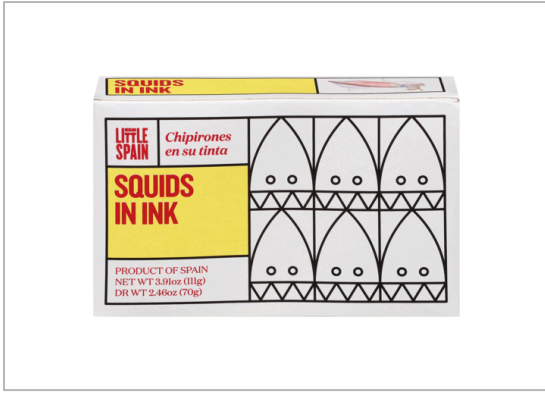


984631 - Squid in Ink



These rich and flavorful wild-caught stuffed Spanish baby squid-known as "chipirones"-are prepared in their own ink and hand packed with tomato, onion, extra virgin olive oil and Spanish spices. They are as good for you as they are delicious...high in Omega 3 fatty acids and a natural source of phosphorus, and rich in iron. One bite of them with transport you to the coast of Sp...



MARKETING

Rich and flavorful wild-caught stuffed Spanish baby squid packed with tomato, onion, extra virgin olive oil, and Spanish spices.

Nutrition Facts

1 Servings per container	
Serving Size	3.0 OZ
Amount Per Serving	
Calories	105
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 40 mg	13%
Sodium 270 mg	12%
Total Carbohydrates 4 g	1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 1 mg	6%
Potassium 60 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
855985004822		30855985004823		12/3.9 OZ		
Brand		Brand Owner		GPC Description		
Mercado Little Spain - José Andrés Selection		Conservas del Noroeste		Shellfish - Unprepared/Unprocessed (Shelf Stable)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
5 LBR	2.93 LBR	No	Spain	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76 INH	4.53 INH	2.75 INH	0.11 FTQ	20x14	1003 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Refrigerate after open maximum 24 hrs---UNIT
 UPC: 855985004822---

ALLERGENS

C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **NI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - C
- Peanuts - N
- Tree - N
- Fish - MC
- Shellfish - C
- Crustaceans - C

INGREDIENTS

squids, tomato, olive oil (13,5%) onion, ink cephalopod (0.2%), species and salt.

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PREPARATION & COOKING SUGGESTIONS

Ready to Eat

SERVING SUGGESTIONS

Enjoy them on their own or with rice or potatoes.

MORE INFORMATION