José Andrés

504723 - Baby 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

These rich and flavorful wild-caught stuffed Spanish baby squid, packed with tomato, onion, extra virgin olive oil, and Spanish spices. Drained weight 3 oz.

Nutrition Facts

1 Servings per container

Serving Size **85 grams, drained**

Amount Per Serving

Calories **120**

	% Daily Value*
Total Fat 5 g	**6%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 170 mg	**57%**
Sodium 460 mg	**20%**
Total Carbohydrates 2 g	**1%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 15 g	
Vitamin D 0 mcg	0%
Calcium 70 mg	6%
Iron 1 mg	8%
Potassium 240 mg	6%

* 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
4723	10855985004720	12/4.23 OZ

Brand	Brand Owner	GPC Description
José Andrés	Los Peperetes	Shellfish - Unprepared/Unprocessed (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
4.4 LBR	3.12 LBR	No	Spain	Undeclared	No

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
4.3 INH	4.5 INH	12.3 INH	0.14 FTQ	22x10	649 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

Dry Storage---UNIT UPC: 855985004723---

ALLERGENS

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

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

INGREDIENTS

Small Squid, Olive Oil, Onion, Tomato, Wine, Spices (Cayenne), and Salt

José Andrés

504723 - Baby 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...

PREPARATION & COOKING SUGGESTIONS

Open and enjoy

SERVING SUGGESTIONS

Heat and enjoy with rice or potatoes, or simply enjoy straight out of the can.

MORE INFORMATION