

504723 - Baby Squid

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.

Nutrition Facts

1 Servings per container

Serving Size 1 package (85g)

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	0%
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	TlxHI	Shelf Life	Storage Temp From/To
4.3 INH	4.5 INH	12.3 INH	0.14 FTQ	22x10	1718 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
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - C
- Peanuts - N
- Tree - N
- Fish - MC
- Shellfish - C
- Crustaceans - C

INGREDIENTS

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

José Andrés

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PREPARATION & COOKING SUGGESTIONS

See label for suggestions

SERVING SUGGESTIONS

Enjoy them on their own or with rice or potatoes.

MORE INFORMATION