



Siesta Co.  
1101482 - Small Squids In Evoo

Siesta Co whole small squids in organic EVOO  
- Sustainably wild-caught  
- Packed individually by hand in delicious organic olive oil with a touch of sea salt  
- High in Protein & Omega3



\* Benefits

One of the traditional gastronomic jewels from the region of Galicia, Spain, these wild small squids -or chipirones- are all natural and sustainably wild-caught, then packed individually by hand in delicious organic olive oil with a touch of sea salt. With their rich flavor preserved, these squids make for a wonderfully authentic Spanish dining experience. Garnish them in sea salt, cook them into rice or pasta, or toss them on toasted bread to enjoy the flavors of the sea.  
Ingredients: Squid, organic extra virgin olive oil, sea salt  
Net Weight: 4 oz.

Ingredients

Squids, organic extra virgin olive oil, sea salt

⚠ Allergens

Contains:

crustaceans

Free From:

eggs fish milk peanuts  
 sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 1  
Serving size 2.5OZ

Amount per serving  
Calories 220

% Daily Value*	
Total Fat 6g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 68mg	2%

\* The % Daily Value (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.

Handling Suggestions

Refrigerate after opening UNIT UPC: 787790164067

Serving Suggestions

On their own, on a toast, salad, pasta, sauce.

Prep & Cooking Suggestions

On their own, on a toast, salad, pasta, sauce.

✏ Product Specifications

Brand	Manufacturer
Siesta Co.	Tipic Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
787790164067	SQUID10PCK	1101482	20787790164061		10/4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
2.96lb	2.5lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.5in	4.75in	3in	0.1ft3	38x14	949days	60°F / 77°F



Siesta Co.  
1101482 - Small Squids In Evoo

Siesta Co whole small squids in organic EVOO

- Sustainably wild-caught
- Packed individually by hand in delicious organic olive oil with a touch of sea salt
- High in Protein & Omega3



Nutrition Analysis - By Measure

Calories	220	Total Fat	6g	Sodium	210mg
Protein	17	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	2g	Saturated Fat	1g	Iron	0.36mg
Sugars	0g	Added Sugars	0g	Potassium	68mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	155mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

