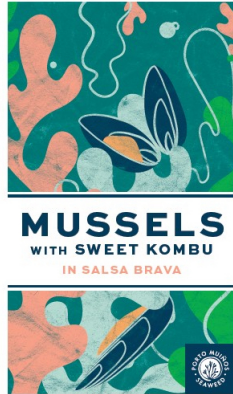




Regalis

135832 - Mussels With Sweet Kombu

Mussels are wild harvested from the estuaries of Galicia in western Spain and combined with wild kombu seaweed before being mixed into a salsa brava made from olive oil, onion, tomato, paprika and chili and put into tins.



Nutrition Facts

Servings per Container 1
Serving size 120grams (4.2oz)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 920mg	40%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 6mg	35%
Potassium 188mg	4%

* 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.

* Benefits

Mussels are wild harvested from the estuaries of Galicia in western Spain and combined with wild kombu seaweed before being mixed into a salsa brava made from olive oil, onion, tomato, paprika and chili and put into tins. This conserva makes a flavorful dish right from the can, served tapas style, and is equally delicious when added to pasta, rice or salads. Produced by Porto Muinos, a family run sea foraging company based on the Spanish coast.

Ingredients

mussels -mytilus galloprovincialis - (60%), extra virgin olive oil, onion, tomato, crushed tomato (tomato, citric acid), sweet kombu - saccharina latissima - (4%), paprika, red chili, spices and salt

Allergens

Contains:

crustaceans

Free From:

eggs fish milk peanuts
 sesame soy tree nuts wheat

Handling Suggestions

Store at room temperature in a cool, dry place. Consume immediately after opening. UNIT UPC: 8436565961647

Serving Suggestions

tapas, appetizers, salads, pastas, rice dishes. Drained Weight 2.82 oz

Prep & Cooking Suggestions

open and serve

Product Specifications

Brand	Manufacturer
Regalis	Regalis Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
8436565961647	SSCO-100540	135832	18436565961644		10/4.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3.1lb	2.7lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.75in	6.5in	2.75in	0.1ft3	24x8	475days	60°F / 77°F



Regalis

135832 - Mussels With Sweet Kombu

Mussels are wild harvested from the estuaries of Galicia in western Spain and combined with wild kombu seaweed before being mixed into a salsa brava made from olive oil, onion, tomato, paprika and chili and put into tins.



Nutrition Analysis - By Measure

Calories	190	Total Fat	12g	Sodium	920mg
Protein	13	Trans Fats	0g	Calcium	52mg
Total Carbohydrates...	8g	Saturated Fat	2g	Iron	6mg
Sugars	0g	Added Sugars	0g	Potassium	188mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

