



## 197150 - Stuffed Baby Squid In American Sauc



Take this product and place the closed tin in a pan of simmering water for a few minutes and then open the tin and eat contents on toasted slices of rustic bread.



### \* Benefits

Stuffed Baby Squid in American Sauce

Ingredients	Allergens
Stuffed Squid, Sunflower Oil, Onion, Tomato, Salt, Rice Flour and Spices	Contains:  crustaceans  Free From:  eggs fish milk peanuts  soy sesame soy tree nuts wheat

# **Nutrition Facts**

Servings per Container 1 Serving size 1/2cup (80g)

Amount per serving

Calories

238

Calones	258
% C	Daily Value*
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 360mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 210mg	6%
* The % Daily Value (DV) tells you how mu	ich 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**

Cool Dry Please no sunlight UNIT UPC: 8436035154395

### Serving Suggestions

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### Prep & Cooking Suggestions

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### **Product Specifications**

	Dialiu			Manufacturer			
	Portomar			Atalanta Corporation			
UPC MFG # SPC		SPC #	GTIN	Pack	Pack Desc.		
	8436035154395	POR150	197150	18436035154392		12/4 OZ	

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.2lb	3lb	Spain	No	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	8.5in	5in	5in	0.12ft3	44x5	949days	60°F / 77°F





### **Portomar**

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# Nutrition Analysis - By Measure

Calories	238	Total Fat	21g	Sodium	360mg
Protein	9	Trans Fats	0g	Calcium	40mg
Total Carbohydrates	4g	Saturated Fat	2g	Iron	1mg
Sugars	3g	Added Sugars	0g	Potassium	210mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	170mg		
Vitamin A(IU)•		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	

0	Additional Images		

