



La Brujula
35191 - Squid

Cleaned, skinned and stuffed with their tentacles, each squid is blanched in water to achieve a tender texture before being hand-packed into tins with their ink as a seasoning.



* Benefits

La Brujula harvest small squids by line fishing with jigs rather than netting and dragging them. This not only keeps the squid in pristine condition but allows for sustainable fishing as well. Cleaned, skinned and stuffed with their tentacles, each squid is blanched in water to achieve a tender texture before being hand-packed into tins with their ink as a seasoning.

Ingredients

Squids, olive oil, onion, pepper, tomato, wine, salt, ink and spices

⚠ Allergens

Contains:

crustaceans fish

Free From:

eggs peanuts soy tree nuts
 wheat

Nutrition Facts

Servings per Container 2
Serving size 55.0g (55g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	6%
Trans Fat	
Cholesterol 110mg	36%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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

dry

Serving Suggestions

serve from the tin, use in paella and pasta

Prep & Cooking Suggestions

open and serve

Product Specifications

Brand			Manufacturer			
La Brujula			Regalis Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
8426441161230	SSCO100330	35191	28426441161234		15/115 GR	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
4.75lb	4.5lb	Spain		No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8.5in	6.5in	5in	0.16ft3	24x8	390days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	100	Total Fat	6g	Sodium	190mg
Protein	0	Trans Fats		Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	110mg		
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	



Additional Images

