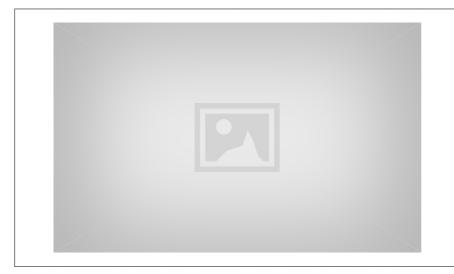


## La Brujula

### 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	Allergens
Squids, olive oil, onion, pepper, tomato, wine, salt, ink and spices	Contains:  crustaceans fish  Free From:  eggs peanuts soy tree nuts  wheat

# **Nutrition Facts**

Servings per Container 55.0g (55g) Serving size

# **Amount per serving**

Calories	100
% Da	nily Value*
Total Fat 6g	9%
Saturated Fat 1g	6%
<i>Trans</i> 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%

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	TIxHI	Shelf Life	Storage Temp From/To
8.5in	6.5in	5in	0.16ft3	24x8	390days	60°F / 77°F





## La Brujula

## 35191 - **Squid**



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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	

0	Additional Images		

