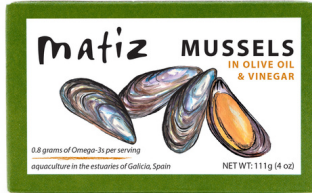




Matiz

400526 - Mussels In Olive Oil & Spices

Tender, succulent organically cultivated mussels from Spain. Hand-packed in a marinade with olive oil, vinegar and spices. A traditional preparation in Galicia that are considered the best in the world.



Nutrition Facts

Servings per Container	1
Serving size	2.4OZ
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i>	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3mg	17%
Potassium 100mg	2%

* Benefits

These delicious Spanish mussels come from the wild coast of Galicia in northern Spain, an area renowned for rich marine life. Organically cultivated, they are prepared in the local style, gently simmered and marinated in organic extra virgin olive oil, vinegar and spices to yield an exceptionally plump and tender mussel. Enjoy fresh from the tin, sauteed with onions, or serve with pasta sauce and bread.

Ingredients

mussels*, extra virgin olive oil*, cider vinegar*, salt & spices* (sweet paprika, nutmeg, cinnamon, garlic).

⚠ Allergens

Contains:

crustaceans

Free From:

eggs fish milk peanuts soy

tree nuts wheat

* 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.

Serving Suggestions

Enjoy fresh from the tin, sauteed with onions, or serve with pasta sauce and bread.

Prep & Cooking Suggestions

Ready to eat or add to your favorite preparation.

📄 Product Specifications

Brand	Manufacturer	Product Category
Matiz	Power Selles Imports	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924005263	MZG15	400526	10832924005236		12/4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.41lb	3lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76in	4.53in	2.76in	0.11ft3	20x14	949days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	110	Total Fat	5g	Sodium	550mg
Protein	13	Trans Fats		Calcium	0mg
Total Carbohydrates...	3g	Saturated Fat	1g	Iron	3mg
Sugars	0g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)		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

