

Matiz 405232 - Cockles In Sea Salt Brine

Small, tender cockles (clams), hand-harvested on the beaches of northern Spain. Tinned in a savory sea salt brine they are plump, tender and flavorful and can be used in a variety of dishes.



		Nutrition Fa	cts		
	WILD	Servings per Container 1 Serving size Drained (2.2oz)			
Matiz		Amount per serving Calories 3 % Daily Value			
Hand collected on the Southern European Atlantic Coast	NET WI: 111g (4 oz)				
		Total Fat 0.5g	0%		
		Saturated Fat 0g	0%		
		Trans Fat 0g			
		Cholesterol 0mg	0%		
* Benefits		Sodium 380mg	17%		
		Total Carbohydrate Og	0%		
These delicious berberechos, also known harvested from the beaches of northern S	as cockles or baby clams, are hand- pain, Portugal and France, areas	Dietary Fiber 0g			
renowned for rich marine life. They are th of salt, yielding plump tender and flavorfu	en packed with nothing more than a touch	Total Sugars 0g			
with a squeeze of lemon and chopped pa	rsley, or serve with pasta sauce and bread.	Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 7g			
		Vitamin D 0mcg	0%		
Cockles, water and sea salt.	Contains:	Calcium 40mg	4%		
	(B) crustaceans	Iron 15mg	80%		
	Free From:	Potassium 70mg	2%		
	() eggs () fish () milk () peanuts () sesame () soy () tree nuts () wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.			

Handling Suggestions	🖉 Pro	duct S	specific	ations	5				
Refrigerate after opening. UNIT UPC: 832924005232	Brand Matiz		Manufacturer Power Selles Imports						
Serving Suggestions	UF	PC	MFG #	SPC	:#	GTIN		Pack	Pack Desc.
Open and eat, add to pasta or any preparation.	832924	005232	MZG13	4052	232 10	10832924005239			12/4 OZ
	Gross V	Veight	Net Wei	ght C	Country o	of Origin	Kosh	er Ch	nild Nutrition
Prep & Cooking Suggestions	4.41	lb	3lb		Spa	ain	No		
Eat as is or add to any preparation - fully cooked.	Shipping Information								
	Length	Width	Height	Volum	e TlxH	II Shelf I	_ife St	orage T	emp From/To
	14.76in	4.53in	2.76in	0.11ft3	3 21x1	4 585da	ays	60°	F / 77°F
									noward by



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Nutrition Analysis - By Measure

Calories	35	Total Fat	0.5g	Sodium	380mg
Protein	7	Trans Fats	Og	Calcium	40mg
Total Carbohydrates…	Og	Saturated Fat	Og	Iron	15mg
Sugars	Og	Added Sugars	Og	Potassium	70mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
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



