

Matiz

405348 - Giant Calamari With White Beans & P



Bite-sized firm, meaty tentacles and creamy white beans are dressed in Spanish paprika and olive oil. Wild caught by hook and line. Serve with crusty bread, or as a protein addition to salad, rice or pasta.



* Benefits

Go on an adventure of flavor with this delightful, gourmet seafood snack. Bite-sized firm, meaty tentacles and creamy white beans are dressed in Spanish paprika and olive oil. Wild caught by hook and line. Serve with crusty bread, or as a protein addition to salad, rice or pasta.

Ingredients	A Allergens
Jumbo squid (Dosidicus gigas), sunflower oil, beans, spices (sweet paprika, hot paprika), onion, wine vinegar and sea salt.	Contains: crustaceans Free From: eggs fish milk peanuts sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 1 Serving size 3.00Z (3oz)

Amount per serving

140

Calories	140
% [Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 280mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	9%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 16g	_
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 200mg	4%

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. UNIT UPC: 832924005348

Serving Suggestions

Serve with crusty bread, or as a protein addition to salad, rice or pasta.

Prep & Cooking Suggestions

Open and serve or add to your favorite preparation.

Product Specifications

Brand	Manufacturer
Matiz	Power Selles Imports

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
832924005348	MZG30	405348	10832924005345		12/4.05 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.5lb	3.08lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.76in	4.53in	2.76in	0.11ft3	20x14	999days	60°F / 77°F





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Nutrition Analysis - By Measure

Calories	140	Total Fat	5g	Sodium	280mg
Protein	16	Trans Fats	0g	Calcium	0mg
Total Carbohydrates	5g	Saturated Fat	0.5g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	200mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	145mg		
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	5		

