



JosÃ© AndrÃ©s  
504686 - Cockles

A hidden treasure of Spanish gastronomy: cockles are harvested in the sandy estuaries along the coast of Galicia. Naturally prepared in saltwater and simply steamed, these tender cockles are the ultimate flavor of the sea.



\* Benefits

A hidden treasure of Spanish gastronomy, and one of my favorite tapas: these small saltwater cockles are harvested in the sandy estuaries along the coast of Galicia where the cool waters make for perfect seafood. Naturally prepared in saltwater and simply steamed, these tender cockles are the ultimate flavor of the sea. And they couldn't be easier to serve and share, straight from the can with a squeeze of lemon and a glass of your favorite white wine. Perfect!

Ingredients

Cockles, Water, Salt

⚠ Allergens

Contains:

crustaceans

Free From:

eggs fish milk peanuts soy  
 tree nuts wheat

Nutrition Facts

Servings per Container 1  
Serving size 1package(85g)

Amount per serving  
Calories 70

|                         | % Daily Value* |
|-------------------------|----------------|
| Total Fat 1g            | 1%             |
| Saturated Fat 0g        | 0%             |
| Trans Fat               |                |
| Cholesterol 35mg        | 12%            |
| Sodium 590mg            | 26%            |
| Total Carbohydrate 2g   | 1%             |
| Dietary Fiber 0g        | 0%             |
| Total Sugars 0g         |                |
| Includes 0g Added Sugar | 0%             |
| Protein 13g             |                |
| Vitamin D 0mcg          | 0%             |
| Calcium 110mg           | 8%             |
| Iron 20mg               | 120%           |
| Potassium 270mg         | 6%             |

\* 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 Storage

Serving Suggestions

Ready to Eat

Prep & Cooking Suggestions

See label for suggestions

✏ Product Specifications

| Brand         | Manufacturer  |
|---------------|---------------|
| JosÃ© AndrÃ©s | Los Peperetes |

| UPC          | MFG # | SPC #  | GTIN           | Pack | Pack Desc. |
|--------------|-------|--------|----------------|------|------------|
| 855985004686 | 4686  | 504686 | 10855985004683 |      | 12/4.23 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 4.4lb        | 3.12lb     | Spain             | No     |                 |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 4.3in                | 4.5in | 12.3in | 0.14ft3 | 22x10 | 999days    | 60°F / 77°F          |





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Nutrition Analysis - By Measure

|                        |    |                     |      |              |       |
|------------------------|----|---------------------|------|--------------|-------|
| Calories               | 70 | Total Fat           | 1g   | Sodium       | 590mg |
| Protein                | 13 | Trans Fats          |      | Calcium      | 110mg |
| Total Carbohydrates... | 2g | Saturated Fat       | 0g   | Iron         | 20mg  |
| Sugars                 | 0g | Added Sugars        | 0g   | Potassium    | 270mg |
| Dietary Fiber          | 0g | Polyunsaturated Fat |      | Zinc         |       |
| Lactose                |    | Monounsaturated Fat |      | Phosphorus   |       |
| Sucrose                |    | Cholesterol         | 35mg |              |       |
| Vitamin A(IU)          |    | 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

