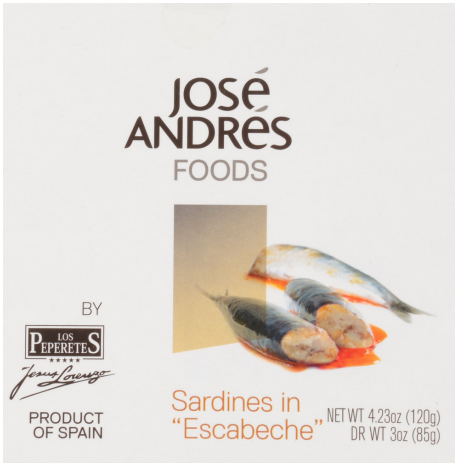




JosÃ© AndrÃ©s

504716 - Sardines In Escabeche Gluten Free

Fished with centuries-old methods from the waters of Galicia, which give the sardines a succulent flavor, they are prepared in 'escabeche,' a classic marinade of olive oil, vinegar, paprika, salt and spices. Rich in B vitamins, minerals and a natural source of omega-3.



Nutrition Facts

Servings per Container	1
Serving size	1package(85g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 85mg	28%
Sodium 410mg	18%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 20g	
Vitamin D 6mcg	30%
Calcium 290mg	22%
Iron 1mg	6%
Potassium 220mg	5%

* 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.

* Benefits

These sardines are truly a taste of Spain. Fished with centuries-old methods from the waters of Galicia, which give the sardines a succulent flavor, they are prepared in 'escabeche,' a classic marinade of olive oil, vinegar, paprika, salt and spices. Rich in B vitamins, minerals and a natural source of omega-3, just open and serve with a bottle of good wine for an exciting, healthy treat.

Ingredients

Sardines, Olive Oil, Vinegar, Water, Paprika, Black Pepper, Bay Leaf, Onion and Salt

Allergens

Contains:

crustaceans

Free From:

eggs fish milk peanuts soy tree nuts wheat

Handling Suggestions

Dry Storage

Serving Suggestions

Ready to Eat

Prep & Cooking Suggestions

See label for suggestions

Product Specifications

Brand		Manufacturer	Product Category			
JosÃ© AndrÃ©s		Los Peperetes	Canned Tuna, Anchovy, Sardine, Salmon, & Seafood			
UPC		MFG #	SPC #	GTIN	Pack	Pack Desc.
855985004716		4716	504716	10855985004713		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	150	Total Fat	7g	Sodium	410mg
Protein	20	Trans Fats		Calcium	290mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	85mg		
Vitamin A(IU)•		Vitamin D	6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

