



JosÃ© AndrÃ©s

504754 - Galican Mussels

Galician Style Mussels are prepared all naturally, using the most pristine, plump shellfish. Served in the traditional style of Galicia with a simple sauce of olive oil, red pepper, onion and tomato, cooked in small batches to maintain their flavor.



Nutrition Facts

Servings per Container	1
Serving size	1package(85g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 55mg	18%
Sodium 810mg	35%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 4mg	22%
Potassium 280mg	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.

* Benefits

Crafted by my friends, true artisans of the seafood of Galicia, these mussels are prepared all naturally, using only the most pristine, plump shellfish. Served in the traditional style of Galicia with a simple sauce of olive oil, red pepper, onion and tomato, this is a favorite treat for my family. Cooked in small batches to maintain their flavor, you can warm them in their sauce and serve with crusty bread or as an easy meal with pasta, rice or potatoes. Delicious!

Ingredients

Mussels, Olive Oil, Onion, Red Pepper, Tomato, Cayenne, 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.
855985004754		4754	504754	10855985004751		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	170	Total Fat	13g	Sodium	810mg
Protein	11	Trans Fats		Calcium	70mg
Total Carbohydrates...	3g	Saturated Fat	2g	Iron	4mg
Sugars	0g	Added Sugars	0g	Potassium	280mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
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

