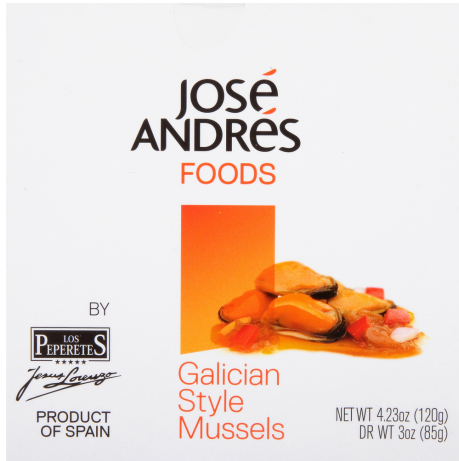




JosÃ© AndrÃ©s

# 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*
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 810mg	<b>35%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>5%</b>
Iron 4mg	<b>22%</b>
Potassium 280mg	<b>6%</b>

\* 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	0.14ft <sup>3</sup>	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

