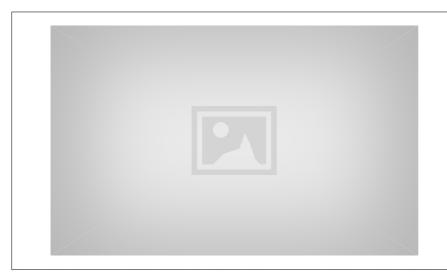


## Mercado Spain

#### 504808 - Cockies



Cockles are a hidden treasure of Spanish gastronomy. These small saltwater clams come from the rias of Galicia, picturesque sandy estuaries along the country's west coast, and are simply marinated in water and salt. Enjoy with tapas or straight out of the can - buen provecho!



#### \* Benefits

Packaged especially for Mercado Little Spain in New York City. This tin is the key to eating like a Spaniard - cockles are a hidden treasure of Spanish gastronomy. These small saltwater clams come from the rias of Galicia, picturesque sandy estuaries along the country's west coast, and are simply marinated in water and salt. Enjoy with tapas or straight out of the can - buen provecho!

Ingredients	Allergens
Cockles, Water, Salt	Contains:  crustaceans fish  Free From:  eggs finilk peanuts soy  tree nuts wheat

# **Nutrition Facts**

Servings per Container 1 Serving size 1package(63g)

Amount per serving Calories

31

Odiones	<u> </u>
% Dai	ily Value*
Total Fat 0.3g	1%
Saturated Fat 0.1g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 4g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 15mg	83%
Potassium 70mg	2%
* 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**

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#### **Product Specifications**

Dry Storage

Serving Suggestions

Ready to Eat

Prep & Cooking Suggestions

See label for suggestions

Brand	Manufacturer
Mercado Spain	Conservas del Noroeste

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
855985004808	4808	504808	00855985004808		12/3.9 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.9lb	5.76lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
5.7in	9.1in	7.5in	0.23ft3	22x10	999days	60°F / 77°F





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## Nutrition Analysis - By Measure

Calories	31	Total Fat	0.3g	Sodium	380mg
Protein	7	Trans Fats		Calcium	40mg
Total Carbohydrates	4g	Saturated Fat	0.1g	Iron	15mg
Sugars	0g	Added Sugars	0g	Potassium	70mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
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	

0	Additional Images					

