



Donostia Foods
901350 - Squid In Ink

Squid in ink prepared and packed by hand in Galicia, Spain suitable for pintxos, tapas, and squid ink pasta. On crackers or other carbohydrates is also a good idea.



Nutrition Facts

Servings per Container	1.4
Serving size	3.00Z (3oz)
Amount per serving	
Calories	109
% Daily Value*	
Total Fat 5.4g	8%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 42mg	14%
Sodium 272mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 55mg	1%

* 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

Squid in Ink.

Ingredients

Squids, tomato, sunflower oil, onion, modified corn starch, cephalopod ink (0.6%), spices and salt.

Allergens

Free From:

crustaceans

eggs

fish

milk

peanuts

soy

tree nuts

wheat

Handling Suggestions

To be opened and eaten immediately. If not, to keep in fridge until 24 hours after opened.

Serving Suggestions

Serve atop pasta.

Prep & Cooking Suggestions

Eat from the tin.

Product Specifications

Brand		Manufacturer		Product Category		
Donostia Foods		Blue Planet Foods Ltd				
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
609503704714	04600DO	901350	01609503704713		25/4.11 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
9.04lb	6.12lb	Spain	No			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.17in	4.65in	6.34in	0.24ft3	14x11	999days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	109	Total Fat	5.4g	Sodium	272mg
Protein	11	Trans Fats		Calcium	27mg
Total Carbohydrates...	4g	Saturated Fat	1g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	55mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	42mg		
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

