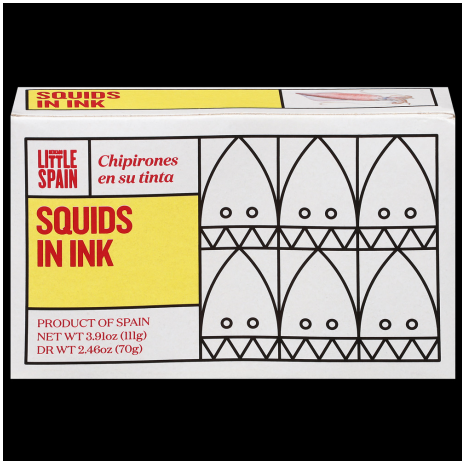




Mercado Spain - Jose Andres Selection

984631 - Squid In Ink

Small stuffed squids in a delicious traditional ink sauce recipe. Healthy canned product for the whole family without additives neither preservatives. High in Omega 3 fatty acids. Natural source of Phosphorus, rich in iron. Gluten free. Wild caught.



Nutrition Facts

Servings per Container 1
Serving size 3.00Z (3oz)

Amount per serving
Calories 105

% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 40mg	13%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 60mg	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

Hand packed small stuffed squids with a tasty sauce made with its own ink. Mixed with white rice to get the perfect combination ! Buen provecho!

Ingredients

squids, tomato, olive oil (13,5%)
onion, ink cephalopod (0.2%),
species and salt.

Allergens

Contains:

crustaceans fish

Free From:

eggs milk peanuts soy
tree nuts wheat

Handling Suggestions

Refrigerate after open maximum 24 hrs

Serving Suggestions

Mixed with white rice to get the perfect combination or add to your pasta dish for a delicious gourmet experience

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand	Manufacturer	Product Category
Mercado Spain - Jose Andres Selection	Conservas del Noroeste	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
855985004822	855985004822	984631	30855985004823		12/3.9 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5lb	2.93lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76in	4.53in	2.75in	0.11ft3	20x14	730days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	105	Total Fat	5g	Sodium	270mg
Protein	11	Trans Fats		Calcium	30mg
Total Carbohydrates...	4g	Saturated Fat	1g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	60mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
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	

Additional Images

