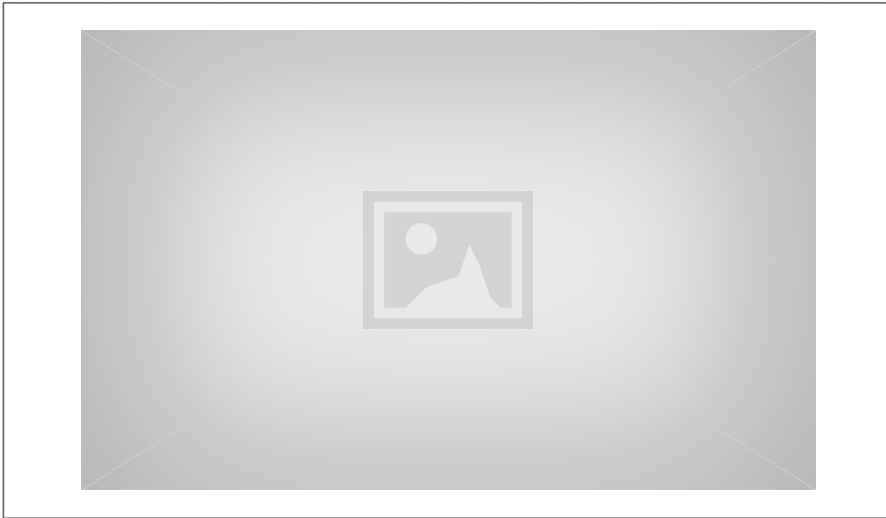




Mercado Little Spain - Jos® Andr®s Selection

984631 - Squid In Ink

Rich and flavorful wild-caught stuffed Spanish baby squid packed with tomato, onion, extra virgin olive oil, and Spanish spices.



Nutrition Facts

1 Servings Per Container

Serving size **3.00Z (3oz)**

Amount per serving
Calories 105

% Daily Value*

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

* Benefits

These rich and flavorful wild-caught stuffed Spanish baby squid-known as "chipirones"-are prepared in their own ink and hand packed with tomato, onion, extra virgin olive oil and Spanish spices. They are as good for you as they are delicious...high in Omega 3 fatty acids and a natural source of phosphorus, and rich in iron. One bite of them with transport you to the coast of Spain. Enjoy them on their own or with rice or potatoes.

"I am always discovering new and traditional products from amazing producers across Spain, and I'm excited to share some of my favorites with you through this 'Selected by Jos' label. I hope you'll try something new and explore along with me! - Jos Andrs

Ingredients

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

Allergens

Contains:

crustaceans

May Contain:

fish

Free From:

eggs milk peanuts sesame

soy tree nuts wheat

Handling Suggestions

Refrigerate after open maximum 24
hrs---
UNIT UPC: 855985004822

Serving Suggestions

Enjoy them on their own or with rice
or potatoes.

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand	Manufacturer
Mercado Little Spain - Jos ® Andr ® s 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
5 lb	2.93 lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.76 in	4.53 in	2.75 in	0.11 ft3	20x14	1003 days	60 °F / 77 °F



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Nutrition Analysis - By Measure

Calories	105	Total Fat	5 g	Sodium	270 mg
Protein	11	Trans Fats	0 g	Calcium	30 mg
Total Carbohydrates...	4 g	Saturated Fat	1 g	Iron	1 mg
Sugars	0 g	Added Sugars	0 g	Potassium	60 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

