

PANAPESCA

Seafood Mix For Rice & Spaghetti (Squid, Clam Meat, Mussel Meat, Shrimp), Skin Pack

SEAFOOD MIX

Enrich any rice or pasta dish with the Seafood Mix for Rice and Spaghetti pack. This mix of squid rings and tentacles, cooked clam meat, cooked mussel meat and peeled shrimp is ideal for a quick, healthy and tasty pasta or rice dish. No shells to discard, squid to clean or shrimp to peel ? just cook from the frozen state and enjoy! All natural Vacuum packed to lock in fresh taste Conveniently portioned to reduce waste Easy prep, just cook from the frozen state 52 calories per serving

Brand	Manufacturer	Product Category
PANAPESCA	PANAPESCA	Seafood Mix (All Species)

MFG #	GTIN	Pack	Pack Desc.
2409	20614583624092	0	12/10.6 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.50 lbs	7.92 lbs	Thailand		

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.00 inches	11.00 inches	4.75 inches	0.48 cu ft	10x14	730 days	-18.00 / 0.00 FAH

INGREDIENTS

Squid, Cooked Clam Meat, Cooked Mussel Meat, Shrimp

HANDLING

KEEP FROZEN, THAW UNDER REFRIGERATION

SERVING

See recipe on package

PREP & COOKING

Use with your favorite recipes

Nutrition Facts

3 servings per container

Serving size **100gr**

Amount Per Serving

Calories **52**

	% Daily Value*
Total Fat 0.5gr	**1** %
Saturated Fat 0	**0** %
Trans Fat 0gr	
Cholesterol 205mg	**68**%
Sodium 568mg	**24**%
Total Carbohydrate 1	%
Dietary Fiber 0gr	**0** %
Total Sugars 0gr	
Includes 0 Added Sugars	%
Protein 11gr	
Vitamin D 0	0%
Calcium 40mg	4%
Iron 8mg	44%
Potassium 0	0%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From
Milk, Eggs, Fish, Tree Nuts, Peanuts, Nuts, Wheat, Soy

Contains
Crustacean, Molluscs

Downloaded on July 11 2022 at 8:45:56 AM

Product information made available on this document relating to product claims or representations are expressly provided by the manufacturer who is responsible for its completeness and accuracy.



PANAPESCA

Seafood Mix For Rice & Spaghetti (Squid, Clam Meat, Mussel Meat, Shrimp), Skin Pack

SEAFOOD MIX

NUTRITION ANALYSIS

Calories	**52**	Total Fat	**0.5 gr**	Sodium	**568 mg**
Protein	**11 gr**	Trans Fats	**0 gr**	Calcium	**40 mg**
Total Carbohydrates	**1**	Saturated Fat	**0**	Iron	**8 mg**
Sugars	**0 gr**	TPolyunsaturated Fat	**0**	Potassium	**0**
Dietary Fiber	**0 gr**	Monounsaturated Fat	**0**	Zinc	**0**
Lactose		Cholesterol	**205 mg**	Phosphorus	**0**
Vitamin A(IU)	**1 mcg**	Vitamin D	**0**	Thiamin	**0**
Vitamin A(RE)		Vitamin E	**0**	Niacin	**0**
Vitamin C	**2 mg**	Folate	**0**	Riboflavin	**0**
Magnesium	**0**	Vitamin B-6	**0**	Vitamin B-12	**0**

Downloaded on July 11 2022 at 8:45:56 AM

Product information made available on this document relating to product claims or representations are expressly provided by the manufacturer who is responsible for its completeness and accuracy.