

WHOLE OCTOPUS FROM SPAIN

S P E C S H E E T

Specie:

Octopus vulgaris

Sizing - Format:

Whole Octopus T5 - 15/2 lb (30 lb) #371
Whole Octopus T4 - 2/4 lb (30 lb) #367
Whole Octopus T3 - 4/6 lb (30 lb) #368
Whole Octopus T2 - 6/8 lb (30 lb) #369

Origin: Atlantic North-East, Portugese waters

Fishing type: Wild Caught

Processed in: Spain

Texture and Taste: Texture depends on the preparation (tender to soft), light taste

Features:

Individually packed in trays

Ingredients:

Octopus(molluscs), sodium citrate, citric acid, potassium carbonate and salt

Contains / Allergens:

Mollusks

Shelf life:

24 months after freezing date

Freezer: -18 C or less

Fridge: 48 hours

Do not refreeze thawed product



Valeur nutritive Nutrition Facts	
Par portion (100 g) Per portion (100 g)	
Calories 33	% valeur quotidienne * % Daily Value*
Lipides / Fat 1.06 g	1 %
saturés / Saturated 0,58 g	1 %
+ trans / Trans 0 g	
Glucides / Carbohydrate <0.5 g	
Fibres / Fibre 0 g	
Sucres / Sugars <0.5 g	
Protéines / Protein 7.99 g	
Cholestérol / Cholesterol 40 mg	
Sodium 1360 mg	59 %
Potassium 298 mg	9 %
Calcium 45 mg	3 %
Fer / Iron 4,5 mg	26 %

* 5% ou moins c'est *peu*, 15% ou plus c'est *beaucoup*
* 5% or less is *a little*, 15% or more is *a lot*