

DONOSTIA

FOODS

selected ingredients for authentic pintxos and tapas

Mussels in Escabeche (Pickled Sauce)

Nutrition Facts	
Serving Size: 2 oz (55 g)	
Servings Per Container 2	
Amount Per Serving	
Calories 67	Calories from Fat 23
% Daily Value*	
Total Fat 2.5 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	0%
Cholesterol 25 mg	8%
Sodium 420 mg	18%
Total Carbohydrate 2 g	1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 9 g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	