

# High Liner Foodservice, 10 x 1.13 kg / 2.5 lb, Squid tubes and tentacles, Tube length: 5 – 8 in

High Liner Foodservice Loligo Squid Tubes and Tentacles allow you to take this variety anywhere you want. In addition to classic fried Calamari, these Loligo Tubes and Tentacles perform beautifully whether grilled, baked, sautéed, stuffed, or in soups and stews. They're carefully portioned from premium wild caught Squid, and frozen to minimize food safety risk as well as for preparation and handling ease. The succulent flavour and tenderness of these Squid portions are a perfect example of why patrons adore this shellfish, making this a slam-dunk for any seafood menu.

Product Last Saved Date: 17 February 2025



Nutrition Facts	
Servings per container	
<b>Serving Size</b>	<b>Per 100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 0.3 g	<b>2%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 220 mg	<b>%</b>
<b>Sodium</b> 75 mg	<b>3%</b>
<b>Total Carbohydrates</b> 3 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 15 g	
Vitamin D	<b>%</b>
Calcium 30 mg	<b>2%</b>
Iron 0.75 mg	<b>4%</b>
Potassium 225 mg	<b>5%</b>

\* The % Daily Values (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.

### Product Specifications :

Code	GTIN	Type Of Catch
1454	10061763014540	

Brand	GPC Description
High Liner Foodservice	Shellfish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
13.041 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
33 CMT	26 CMT	28.5 CMT	0.0245 MTQ	12x6	540 Days	-25 CEL / -18 CEL

### Ingredients :

Squid tubes and tentacles, Water, Citric acid, Salt, Sodium citrate. Contains: Squid (molluscs).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

SAFE HANDLING INSTRUCTIONS - RAW PRODUCT Keep frozen until use. Thaw in refrigerator. Cook to an internal temperature of 70°C (158°F). Refrigerate leftovers. Always wash your hands before handling.

### Species / Scientific Name:

### Serving Suggestions:

Add squid pieces to your favorite pasta and rice dishes just as you would any other meat. For pasta, simmer marinara sauce with the cooked squid and serve over noodles. For rice, sauté the squid with onions, add seasonings and then fry or bake with cooked rice.

### Claims & Child Nutrition:

BAP Certified:  
 MSC Certified:  
 Has CN Statement: No  
 CN Statement:



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