634260 - SQUID, STEAKS, 4-60Z, TENDERIZED

Calamari Steaks / Fully Cleaned and Trimmed / Mechanically Tenderized / Wild Caught



MARKETING



Nutrition Facts 20 Servings per container

Serving Size

Amount Per Serving Colorios

4 OZ.

Calories	120
	% Daily Value*
	0/

Total Fat % Saturated Fat % Trans Fat

Cholesterol 190 mg 63% **Sodium** %

Total Carbohydrates % Dietary Fiber 1 g 0%

Total Sugars % Includes Added Sugars

Protein 28 g Vitamin D % % Calcium Iron 6%

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

PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
7107	634260	20614583171077	6-5 LB BAGS IN BOX	

Brand	Brand Owner	GPC Description		
PANAPESCA	PANAPESCA	Aquatic Invertebrates - Unprepared/Unprocessed (Frozen)		

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
36 LBR	30 LBR	No	China	Undeclared	No

Shipping						
Length Width Height Volume TIxHI Shelf Life Storage Temp From/To						
21.5 INH	9.5 INH	9.5 INH	1.1229 FTQ	8x7	548 Days	-18 FAH / 0 FAH

HANDLING SUGGESTIONS

KEEP FROZEN. THAW UNDER REFRIGERATION



SERVING SUGGESTIONS See recipe on package



Potassium

PREPARATION & COOKING SUGGESTIONS



%

Season raw steaks with olive oil, lemon juice, parsley, salt and pepper. Grill for 2 minutes per side on high heat or until opaque color. Over cooking toughens calamari.

INGREDIENTS

squid



ALLERGENS



C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

(ii) Milk - N

(Peanuts - N

(Eggs - N

(1) Tree - N

🗞 Soybean - N



(🕸) Wheat - N



(%) Sesame - NI



(!) Molluscs - C

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	120
Protein	28 g
Total Carbohydrates	
Sugars	
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	
Trans Fat	
Saturated Fat	
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	190 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES







