

PANAPESCA

634260 - SQUID, STEAKS, 4-6OZ, TENDERIZED

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



MARKETING

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	TlxHI	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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

KEEP FROZEN, THAW UNDER REFRIGERATION

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'

Milk - N

Eggs - N

Soybean - N

Wheat - N

Sesame - NI

Molluscs - C

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Nutrition Facts

20 Servings per container

Serving Size 4 OZ.

Amount Per Serving

Calories 120

% Daily Value*

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%

Potassium %

* 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.

INGREDIENTS


squid

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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.

SERVING SUGGESTIONS



See recipe on package

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	120	Total Fat		Sodium	
Protein	28 g	Trans Fat		Calcium	
Total Carbohydrates		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	190 mg	Thiamin	
Vitamin A (IU)		Vitamin D		Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



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