

# 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	TlxHl	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			

## 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.

## HANDLING SUGGESTIONS



KEEP FROZEN, THAW UNDER REFRIGERATION

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - N Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - N

Wheat - N Shellfish - NI

Sesame - NI Crustaceans - N

Molluscs - C

## 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
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

