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

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



MARKETING



Amount Per Serving

4 OZ.

Nutrition Facts

20 Servings per container

Serving Size

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

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	cch Weight Country Of Origin		Kosher	Child Nutrition					
36 LBR 30 LBR			No	No China			Undeclared	No			
Shipping											
Length	th Width		Height	V	Volume		11	Shelf Life		Storage Temp From/To	
21.5 INH	9.5 INH 9.5 INH		1.1	1229 FTQ 8x7			548 Days		-18 FA	H / 0 FAH	
Traceability Regulation											
Regulation Type Regulatory Code Act		Tra	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors					
N/A N/A		1	N/A			N/A					

HANDLING SUGGESTIONS



ALLERGENS



KEEP FROZEN, THAW UNDER REFRIGERATION

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

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



SERVING SUGGESTIONS

See recipe on package



MORE INFORMATION

(+

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.

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



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