



High Liner Foodservice, 6.38 kg / 14.07 lb, Individually Quick Frozen Squid rings and tentacles, 25 x 255 g / 9 oz

High Liner Foodservice Loligo Squid Rings and Tentacles deliver the exceptional quality and versatility of this shellfish in convenient Pouch Packs to minimize waste. Perfect for any fried Calamari dish, these portions also perform extremely well grilled, baked, sautéed, in soups and stews, and more. They're carefully portioned from quality wild caught Squid, and frozen to minimize food safety risk as well as for preparation and handling ease. These Squid portions possess all the flavour and tenderness patrons love about this shellfish, which is why you'll love having them your menu

Product Last Saved Date: 04 June 2025



# Nutrition Facts

Servings per container

Serving Size

Per 100 g

Amount Per Serving

Calories

90

% Daily Value\*

Total Fat 1.5 g

2%

Saturated Fat 0.3 g

2%

Trans Fat 0 g

Cholesterol 220 mg

%

Sodium 75 mg

3%

Total Carbohydrates 3 g

%

Dietary Fiber 0 g

0%

Total Sugars 0 g

Includes Added Sugars

%

Protein 15 g

Vitamin D

%

Calcium 30 mg

2%

Iron 0.75 mg

4%

Potassium 225 mg

5%

\* 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
1452	10061763014526	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
34.856 CMT	29.356 CMT	20.213 CMT	0.02068 MTQ	11x9	540 Days	

Ingredients :

Squid, 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 USED. DO NOT REFREEZE IF THAWED. TO THAW, PLACE IN REFRIGERATOR OVERNIGHT. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F (70°C) IS REACHED. DO NOT THAW IN WARM WATER OR AT ROOM TEMPERATURE. NOTE: REFRIGERATE LEFTOVERS. ALWAYS WASH YOUR HANDS BEFORE HANDLING

**Serving Suggestions:**

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**Species / Scientific Name:**

**Claims & Child Nutrition:**

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

