



## High Liner Foodservice, 7.92 kg / 17.5 lb, Individually Quick Frozen Squid rings and tentacles, 40 x 198 g

Our wild caught Squid Rings & Tentacles have a mild, sweet taste with a firm texture. This product is individual frozen and conveniently proportioned in 7oz pouches. With multiple cooking methods such as deep fry, bake, sauté and grilling, this item offers menu versatility.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size** Per 100 g

**Amount Per Serving**

**Calories** 80

% 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
12300028	10061763000284	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
34 CMT	27 CMT	23.5 CMT	0.0216 MTQ	12x6	540 Days	

### Ingredients :

Squid rings and tentacles, 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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

### Species / Scientific Name:

### Serving Suggestions:

Deep fry for the perfect appetizer. Sauté to top pasta and rice dishes. Grill for a unique salad topper.

### Claims & Child Nutrition:

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

