#### 630118 - OCEAN INNOVATIONS® DIPT'N DUSTED® BREADED CALAMARI RI...

A "made from scratch" appearance. An economical and convenient way to add calamari to your menu. Can be used as an appetizer or entree. Parfried for best performance & convenient preparation. Cooks from frozen in 2 1/2 minutes. Tender bite and fresh taste. No waste or preparation time.



#### MARKETING



# 64 Servings per container

**Nutrition Facts** 

Serving Size 3 oz (84g/About 14 Pieces)

Amount	Per	Serving
Cald	ri	es

	% Daily Value
Total Fat 10	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 105 mg	35%
Sodium 360 mg	16%
Total Carbohydrates 20 g	<b>7</b> %
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 9 g	
Vitamin D 0 mcg	0%
Calcium 27 mg	2%
Iron 1 mg	6%
Potassium 148 mg	49/

\* 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	9		Dist Prod Code				GTIN				Calculated Pack	
1CA00862	2020		630118					10025753013913 6 x 2#			6 x 2#	
Brand	Brand Brand Owner			GPC Description								
Tampa Maid		TAMPA MAID FOODS INC			Aquatic Invertebrates - Prepared/Processed (Frozen)							
Gross Weig	ght	Net \	Weight	t Case/Catch Weig			ht	Country Of Origin		Kosher	Child Nutrition	
13.44 LBR		12	LBR		No		United States			:S	Undeclared	No
Shipping												
Length	Wi	idth Height		ht	Volume	.   -	TIxH	11	Shelf Life		Storage Temp From/To	
13.38 INH	NH 12.13 INH 7.44 INH (		0.7 FTQ		12x7	7	730 Days		0 FAH / 0 FAH			
Traceability Regulation												
	Regulation Type Regulatory Trad		de Item Regulation Compliant		Re	Regulation Restrictions and Descriptors						
N/A			N/A					N/A		N/A		

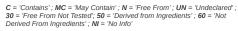
#### HANDLING SUGGESTIONS

REFREEZE.



**ALLERGENS** 







Peanuts - N



Tree - N



(∞) Fish - N



Shellfish - NI



(!) Crustaceans - N

( ) Molluscs - C

### INGREDIENTS



Calamari, Enriched Wheat Flour And Enriched Bleached Wheat Flour (Both Enriched With Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains One Or More of the Following: Soybean, Corn And/Or Cottonseed Oil), Water, Bleached Wheat Flour, Contains 2% Or Less of: Modified Corn Starch, Salt, Corn Starch, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Yellow Corn Flour, Whey, Dextrose, Modified Potato Starch, Sodium Tripolyphosphate (To Retain Moisture), Soybean Oil, Spices, Nonfat Dry Milk, Yeast, Sugar, Sodium Hexametaphosphate, Cheddar And Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Unsalted Butter (Pasteurized Cream, Natural Flavor), Natural Flavor, Lactic Acid, Modified Cellulose, Xanthan Gum. Contains: Wheat, Milk.

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# PREPARATION & COOKING SUGGESTIONS Deep fry at 350 degrees F for 2 -2 1/2 minutes or



#### SERVING SUGGESTIONS



## MORE INFORMATION



Serve with Marinara sauce or sprinkle with fresh chopped parsley and grated Romano or Parmesan cheese. For a Portuguese flair, mix 2 tbs. olive oil, 1 tsp. chopped garlic & 1 oz. Julienne sweet banana peppers; saute for 1 minute; toss cooked Calamari rings in the mixture & serve.

E-mail: GDSN\_Admin@tampamaid.com, Telephone: 863-687-4411, Tele/Fax: 863-688-4552, Website: www.tampamaid.com

#### **NUTRITIONAL ANALYSIS**

until golden brown and crisp.



Calories	210
Protein	9 g
Total Carbohydrates	20 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	19.38 19.38 iu
Vitamin A (RE)	19.38
Vitamin C	2.21 mg
Magnesium	
Monosodium	

Total Fat	10
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	105 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	360 mg
Calcium	27 mg
Iron	1 mg
Potassium	148 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**

