



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

Nutrition Facts

64 Servings per container
Serving Size 3 oz (84g/About 14 Pieces)

Amount Per Serving
Calories 210

	% 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	7%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 9 g	
Vitamin D 0 mcg	0%
Calcium 27 mg	2%
Iron 1 mg	6%
Potassium 148 mg	4%

* 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	Dist Prod Code	GTIN	Calculated Pack
1CA00862020	630118	10025753013913	6 x 2#

Brand	Brand Owner	GPC Description
Tampa Maid	TAMPA MAID FOODS INC	Aquatic Invertebrates - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
13.44 LBR	12 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38 INH	12.13 INH	7.44 INH	0.7 FTQ	12x7	730 Days	0 FAH / 0 FAH

ALLERGENS

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 - C
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

SERVING SUGGESTIONS

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.

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.

HANDLING SUGGESTIONS

KEEP FROZEN UNTIL READY TO USE. DO NOT REFREEZE.

PREPARATION & COOKING SUGGESTIONS

Deep fry at 350 degrees F for 2 -2 1/2 minutes or until golden brown and crisp.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



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

