# 634248 - SQUID, ILLEX/ARROW, TUBES 5"-8", FULLY CLEANED

Calamari / Squid / Premium Japanese Flying Squid / Fully Cleaned / 100% net weight / Consistent Tube Sizing / Wild Caught





### MARKETING



# **Nutrition Facts** 10 Servings per container

**Serving Size** 

4 oz

0%

0%

<b>Amount Per Serving</b>	5
<b>Calories</b>	

% Daily Value\*

Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	

Cholesterol 260 mg	87%
Sodium 50 mg	2%

<b>Total Carbohydrates</b> 3 g	1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	

**Includes Added Sugars** Protein 17 g

Vitamin D	0%
Calcium	4%
Iron	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	
7062	634248	20614583170629	4 x 2.5#	

Brand	Brand Owner	GPC Description
PANAPESCA	PANAPESCA	Aquatic Invertebrates - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
12 LBR	10 LBR	No	China	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.5 INH	9.5 INH	5.4 INH	0.4008 FTQ	14x14	730 Days	-18 FAH / 0 FAH

## **ALLERGENS**



# SERVING SUGGESTIONS See recipe on package





Potassium

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'

KEEP FROZEN, THAW UNDER REFRIGERATION

Milk - N

Peanuts - N

( Eggs - N

(1) Tree Nuts - N



Fish - N

(👸) Wheat - N

Shellfish - NI

Sesame - NI

#### HANDLING SUGGESTIONS



#### PREPARATION & COOKING SUGGESTIONS

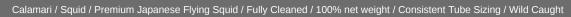


Cook time counts: freshly breaded calamari only needs 45 seconds to cook at 350 degree deep fryer.

# MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	110
Protein	17 g
Total Carbohydrates	3 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	260 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	50 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## MORE IMAGES







