

**High Liner Foodservice, 4.54 kg / 10 lb, DIP'T & DUSTED®
Southern Style Breaded Calamari, Squid Rings and Tentacles,
Uncooked, 20 x 227 g / 8 oz**

Elevate your menu with these irresistible classics. Lightly dusted in a signature blend of savory spices, our Calamari delivers a bold flavor and an irresistible crunch. With their made-from-scratch look and freshly prepared taste, they're a standout addition to any plate.

Product Last Saved Date: 19 February 2026



Nutrition Facts

Servings per container

Serving Size **Per 100 g**

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 4.5 g **6%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 150 mg **%**

Sodium 460 mg **20%**

Total Carbohydrates 20 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

Protein 14 g

Vitamin D **%**

Calcium 40 mg **3%**

Iron 2.25 mg **13%**

Potassium 225 mg **7%**

* 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 |
|----------|----------------|---------------|
| 12300294 | 10061763002943 | |

| Brand | GPC Description |
|------------------------|---------------------------------------|
| High Liner Foodservice | Shellfish Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 5.14 KGM | | | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|--------|--------|--------|-----------|-------|------------|----------------------|
| 44 CMT | 26 CMT | 13 CMT | 0.015 MTQ | 8x8 | 540 Days | |

Ingredients :

Squid, Flour (wheat, soy), Water, Seasonings (onion, garlic, spices, yeast extract, disodium inosinate, disodium guanylate), Sunflower oil, Wheat gluten, Soy protein, Salt, Soya oil, Baking powder, Modified corn starch, Flavour, Sugars (dextrose), Sodium carbonate, Sodium citrate, Citric acid. Contains: Squid (molluscs), Wheat, Soy.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

| | | |
|--------------|-----------------|---------------|
| 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. DEEP FRY: Immerse a single serving of frozen calamari in preheated 350°F (180°C) oil for approx. 2 min or until done. Let stand for 2 min before serving. For best results, do not overfill fryer basket and do not overcook. NOTE: Since appliances vary, these instructions are guidelines only. Cook to a minimum internal temperature of 165°F (74°C).

Serving Suggestions:

Great for pairing with custom sauces or flavor profiles. Delicious on their own as a crave-worthy appetizer. A crowd-pleasing addition to any shareable platter. Perfect for bar menus, happy hours, or small plates offerings.

Species / Scientific Name:

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Page 1 of 1

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