CALAMARI GARLIC PARMESAN

SEA BEST | 2 POUND

Sea Best Garlic Parmesan Breaded Calamari Rings are produced from wild caught squid harvested from the waters of Peru. Squid has a mild flavor and a firm texture, making it ideal for any type of breaded coating. Each calamari ring is lightly coated in a garlic Parmesan seasoned Panko bread crumb. These calamari rings cook up crispy on the outside while remaining tender on the inside and have a delicious, savory flavor. The breaded calamari rings are individually quick frozen and poly bagged for optimal freshness and convenience.

PRODUCT BENEFITS
Wild Caught

ITEM ID
00075391081204

ALTERNATE ITEM
5008712

MANUFACTURER
Beaver Street Fisheries Inc.

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	8
Serving size	112 Gram
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 5g	25%
Trans Trans Fat 0g	0%
Cholesterol 70mg	23%
Sodium 790mg	34%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Includes 3g Added Sugars	6%
Protein 12g	0%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.7mg	10%
Potassium 100mg	2%

The % Daily Value (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.

INGREDIENT STATEMENT

Squid (Dosidicus gigas), enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, rice flour, yellow corn flour, palm oil, soy flour, parmesan and romano cheese

ALLERGEN

Contains:Eggs and their derivates

ALLERGEN STATEMENT

CONTAINS: Egg, Milk, Wheat, Soy

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F.

USAGE INSTRUCTIONS
Cook from frozen state. Fry in deep fryer at 325 degrees F for 3.5 minutes until golden brown and internal temperature reaches 145 degree F. Recommendations and tips: Do not overload fryer, do not agitate during cooking, let rest briefly after cooking.

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
PERU

ARRIVAL LIFESPAN (DAYS)
913

PRODUCTION LIFESPAN (DAYS)
1095