

# Cuisine Solutions 35036 - Octopus Poached

Our gourmet poached octopus has been slow cooked sous-vide until perfectly tender. Simply prepared: octopus, salt, citric acid and sodium citrate. Cooked Sous Vide which provides unparalleled food safety.



	Nutrition FactsServings per Container14Serving size84.0g (84g)			
æ				
	Amount per serving Calories	70		
	% Daily Value*			
	Total Fat 1g Saturated Fat 0g	1%		
	Trans Fat	0%		
		4.70/		
		Cholesterol 40mg Sodium 200mg	<u>13%</u> 9%	
* Benefits		Total Carbohydrate 2g	<u> </u>	
-Unparalleled food safety -Our gourmet poached octopus has been slow cooked sous-vide until perfectly te -Simply prepared: octopus, salt, citric acid and sodium citrate	Dietary Fiber Og	0%		
-Serving size: 3 ounces -Servings per container: varies -Lone shell life: kees for 548 days frozen		Total Sugars Og		
-10 pouches/case -Protein-rich: 13g per serving -70 calories per serving -70 calories per serving		Includes 0g Added Sugar	0%	
		Protein 13g		
Ingredients	Allergens			
Octopus, Salt, Citric Acid, Sodium Citrate (may contain sulphites, crustaceans and fish traces).	Contains:	Vitamin D 0mcg	0%	
		Calcium 51mg	4%	
	fish	Iron 4mg	22%	
	Free From:	Potassium 672mg	14%	
	(Speanuts) (Compared by the second se	* 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.		

#### Handling Suggestions

KEEP FROZEN AT OF OR BELOW

Serving Suggestions

Serve Octopus Fried, Grilled, Cold Marinated or cooked in a Cast Iron Skillet.

## Prep & Cooking Suggestions

Heat Grill to Medium- high heat & pat octopus dry. Toss lightly in oil & remove excess. Char on grill for 5-6 Minutes, turning the octopus 3-4 times.

# Product Specifications

Brand			Manufacturer				Product Category		
Cuisine Solutions			Cuisine Solutions			Seafood			
UPC	MFG #	ŧ SP	'C #	ŧ GTIN			Pack	Pack Desc.	
	645075	5 35	036	036 00705044052779		9		10/2.5 LB	
Gross V	ght C	Cour	ntry of C	rigin	Kc	sher	Child Nutrition		
25.1	25.15lb 25lb		United States			No			
Shipping Information									
Length	Width	Height	Volur	me	TIxHI	I Shelf Life Storage Temp Fro		ge Temp From/To	
12.63in	10.63in	10.69in	0.83	ft3	12x4	357da	ays	rs -2°F / -5°F	





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Nutrition Analysis - By Measure

Calories	70	Total Fat	1g	Sodium	200mg
Protein	13	Trans Fats		Calcium	51mg
Total Carbohydrates…	2g	Saturated Fat	Og	Iron	4mg
Sugars	Og	Added Sugars	Og	Potassium	672mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images



