



PANA

89170 - Octopus Tentacles Cooked

Octopus Tentacles/Premium Quality/Vacuum Packed/Fully Cooked/Wild Caught/Product of Indonesia



Nutrition Facts

Servings per Container 10
Serving size 3OZ. (56g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 17g	
Vitamin D	%
Calcium 0mg	0%
Iron	6%
Potassium	%

* 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.

* Benefits

Ingredients

octopus tentacles

⚠ Allergens

Contains:

mollusks

Free From:

crustaceans eggs fish milk
 peanuts soy tree nuts wheat

Handling Suggestions

KEEP FROZEN, THAW UNDER REFRIGERATION

Serving Suggestions

See recipe on package

Prep & Cooking Suggestions

Octopus Tentacles/Grilling/Roasting/Braising/Boiling/Poaching/Frying

📄 Product Specifications

Brand	Manufacturer	Product Category
PANA	PANAPESCA	Squid/Calamari & Octopus, Breaded or Value Added

MFG #	SPC #	GTIN	Pack	Pack Desc.
1355	89170	20614583613553	5	5 / 5 / 5 cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.8lb	10lb	IDN		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.5in	8.25in	8.13in	0.49ft3	16x9	730DAYS	-18°F / 0°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat	2g	Sodium	200mg
Protein	17	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

