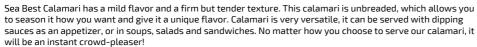


CERTIFRESH

281309 - Calamari Steak 4 6 Oz







* Benefits

Unbreaded Versatile

Ingredients	Allergens
Squid	May Contain:
	Free From: O eggs on milk on peanuts on sesame soy soy tree nuts wheat

Nutrition Facts

Servings per Container 20 1pc (110g) Serving size

Amount per serving Calories

65

<u> </u>	03
% D	aily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 289mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 20g	
	201
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 0mg	0%
Potassium 188mg	4%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Calamari is very versatile and works well in many recipes for soups, salads and sandwiches. By far the most popular way to serve calamari is deep-fried with dipping sauces as an appetizer.

Prep & Cooking Suggestions

Calamari rings can be breaded and fried, sauted, or baked. Serve with dipping sauces as an appetizer.

Product Specifications

Brand	Manufacturer		
CERTIFRESH	GREAT AMERICAN SEAFOOD		

MFG #	SPC #	GTIN	Pack	Pack Desc.
10533	281309	10075391002527	0	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
34lb	30lb	PER		

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
24.25in	7.75in	12.5in	1.36ft3	4x1	600DAYS	0°F / 32°F





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Sea Best Calamari has a mild flavor and a firm but tender texture. This calamari is unbreaded, which allows you to season it how you want and give it a unique flavor. Calamari is very versatile, it can be served with dipping sauces as an appetizer, or in soups, salads and sandwiches. No matter how you choose to serve our calamari, it will be an instant crowd-pleaser!

Nutrition Analysis - By Serving

Calories	65	Total Fat	2g	Sodium	289mg
Protein	20	Trans Fats	0g	Calcium	17mg
Total Carbohydrates	0g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	188mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	200mg		
Vitamin A(IU)•	11	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	5.3mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images	5		

