



CERTIFRESH

281309 - Calamari Steak 4 6 Oz

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!



* Benefits


Unbreaded
Versatile

Ingredients	Allergens
Squid	<p>May Contain:</p> <div> crustaceans fish</div> <p>Free From:</p> <div> eggs milk peanuts sesame</div> <div> soy tree nuts wheat</div>

Nutrition Facts

Servings per Container	20
Serving size	1pc (110g)
Amount per serving	
Calories	65
% Daily 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	
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 0mg	0%
Potassium 188mg	4%

* 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	<div> Product Specifications</div>																					
Keep frozen. Do not refreeze.	<table><tr><th colspan="2">Brand</th><th colspan="3">Manufacturer</th></tr><tr><td colspan="2">CERTIFRESH</td><td colspan="3">GREAT AMERICAN SEAFOOD</td></tr></table>	Brand		Manufacturer			CERTIFRESH		GREAT AMERICAN SEAFOOD													
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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.	<table><tr><th>Gross Weight</th><th>Net Weight</th><th>Country of Origin</th><th>Kosher</th><th>Child Nutrition</th></tr><tr><td>34lb</td><td>30lb</td><td>PER</td><td></td><td></td></tr></table>	Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	34lb	30lb	PER													
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Calamari rings can be breaded and fried, sauted, or baked. Serve with dipping sauces as an appetizer.																						



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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

