

### **GREAT AMERICAN**

## 487888 - Octopus Whole 2 4#

This octopus is wild caught in Spain. It comes whole and the mild sweet flavor combines well with most recipes.





### \* Benefits

Wild Caught Frozen 2-4 lbs

Ingredients	▲ Allergens
OCTOPUS	Contains:  Shellfish fish

# **Nutrition Facts**

Servings per Container 160 Serving size 3oz(85g)

### **Amount per serving** Colorios

Calories	35
% Dai	ly Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
	6%
Iron 1mg Potassium 19mg	0%

\* 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 STORE AT OR BELOW OF (-18C)

Serving Suggestions

# Prep & Cooking Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).

# Product Specifications

Brand	Manufacturer	
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	

MFG #	SPC #	GTIN	Pack	Pack Desc.
14750	487888	00829944147509	1	1/28#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
33lb	30lb	ESP		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16in	12in	9in	1INQ	10x1	730DAYS	0°F / 32°F





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# Nutrition Analysis - By Serving

Calories	35	Total Fat	0g	Sodium	70mg
Protein	8	Trans Fats	0g	Calcium	9mg
Total Carbohydrates•••	0g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	19mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	115mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	



# Additional Images



