

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

35

Calories	35
	% Daily 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 Added Sugar	- %
Protein 8g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 1mg	6%
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 0F (-18C)

Serving Suggestions

Prep & Cooking Suggestions

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

Product Specifications

Brand	Manufacturer	Product Category
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	Fish, Value Added & Further Processed

MFG #	SPC#	GTIN	Pack	Pack Desc.
14750	487888	00829944147509	1	1/30#

Gross Wei	ght Net Weigh	nt Country of Ori	gin Kosher	Child Nutrition
33lb	30lb	ESP		No

Shipping Information						
Length Width Height Volume TlxHI Shelf Life Storage Temp From						Storage Temp From/To
16in	12in	9in	1INQ	1x1	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		Potassium	19mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	115mg		
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



