



PHILLIPS GOURME

003423 - Calamari Breaded Salt & Pepper 3632

Perfect as an appetizer or as part of a seafood combination plate
Deep fry quickly from frozen
Delicious paired with a variety of sauces
More cost effective than preparing from scratch



* Benefits

Nutrition Facts

Serving size	85 Gram	
Amount per serving		
Calories	110	
	% Daily Value*	
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 90mg		30%
Sodium 550mg		23%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		3%
Total Sugars 3g		
Includes	Added Sugars	%
Protein 11g		
Vitamin D		%
Calcium 20mg		1%
Iron 0.72mg		4%
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.

Ingredients

INGREDIENTS: SQUID, WATER, PREDUST (MODIFIED TAPIOCA STARCH, VEGETABLE OIL {PERILLA OIL, HIGHLY REFINED COCONUT OIL AND PALM OIL}), WHEAT GLUTEN), BREADER (WHEAT FLOUR, TAPIOCA STARCH, WHEAT GLUTEN, SPICES, WHEY POWDER, SALT, SUGAR, YEAST), BATTER (WHEAT FLOUR, MODIFIED TAPIOCA STARCH, SALT, WHEAT GLUTEN, DEXTROSE, MALTODEXTRIN, TAPIOCA STARCH, SUGAR WITH TAPIOCA STARCH, DEHYDRATED VEGETABLES [GARLIC POWDER, ONION POWDER], SODIUM ACID PYROPHOSPHATE AND SODIUM BICARBONATE [LEAVENING AGENTS], WHEY POWDER, SPICES, VEGETABLE SHORTENING [NON-HYDROGENATED PALM OIL, YEAST EXTRACT, PAPRIKA EXTRACT]).

CONTAINS: WHEAT MILK.

⚠ Allergens

Contains:



Handling Suggestions

Keep Frozen

Serving Suggestions

Phillips Salt & Pepper Calamari is easy to fry and can be served with a variety of sauces such as mango salsa, classic marinara or Phillips' Pineapple Sweet Chili Sauce.

Prep & Cooking Suggestions

Fry from Frozen:
1. Preheat fryer to 350°F.
2. Place calamari in fryer and cook for 75 seconds or until golden brown.
3. Calamari are finished when they reach an internal temperature of 165°F.

📄 Product Specifications

Brand	Manufacturer	Product Category
PHILLIPS GOURME	Phillips Foods Inc	Seafood

MFG #	SPC #	GTIN	Pack	Pack Desc.
36323	003423	10070057363233	16	16 x 9 OZ / CS

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.3 lb	9 lb	IDN	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.5 in	10.5 in	5.5 in	952.88	10x13	730 DAYS	-20°F / 10°F



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Nutrition Analysis

Calories	110 kcal	Total Fat	0.5 g	Sodium	550 mg
Protein	11	Trans Fats	0 g	Calcium	20 mg
Total Carbohydrates...	16 g	Saturated Fat	0 g	Iron	0.72 mg
Sugars	3 g	Added Sugars		Potassium	
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	90 mg		
Vitamin A(IU)	0 NIU	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

