



TAMPA MAID

F7F003 - Calamari Rings Breaded

A "made from scratch" appearance. An economical and convenient way to add calamari to your menu. Can be used as an appetizer or entree. Parfried for best performance & convenient preparation. Cooks from frozen in 2 1/2 minutes. Tender bite and fresh taste. No waste or preparation time.



* Benefits

Nutrition Facts

Servings per Container
Serving size

Amount per serving
Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
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

⚠ Allergens

Handling Suggestions

KEEP FROZEN UNTIL READY TO USE.
DO NOT REFREEZE.

Serving Suggestions

Serve with Marinara sauce or sprinkle with fresh chopped parsley and grated Romano or Parmesan cheese. For a Portuguese flair, mix 2 tbs. olive oil, 1 tsp. chopped garlic & 1 oz. Julienne sweet banana peppers; saute for 1 minute; toss cooked Calamari rings in the mixture & serve.

Prep & Cooking Suggestions

Deep fry at 350 degrees F for 2 -2 1/2 minutes or until golden brown and crisp.

📄 Product Specifications

Brand	Manufacturer	Product Category
TAMPA MAID	Tampa Maid Foods, Inc.	Squid (Calamari) & Octopus

MFG #	SPC #	GTIN	Pack	Pack Desc.
1CA00862020	F7F003	10025753013913	6	6 / 2.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
13.44lb	12lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	12.13in	7.44in	0.7ft3	12x7	730DAYS	0°F / 0°F



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Nutrition Analysis

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

