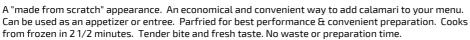


#### **TAMPA MAID**

#### F7F003 - Calamari Rings Breaded







#### \* Benefits

Ingredients	<b>A</b> Allergens
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## **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	%

<sup>\*</sup> 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 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

			Shippin	g Inforr	nation	
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.38in	12.13in	7.44in	0.7ft3	12x7	730DAYS	0°F / 0°F





#### **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.

#### **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(IU)•	Vitamin D	Thiamin
Vitamin A(RE)	Vitamin E	Niacin
Vitamin C	Folate	Riboflavin
Magnesium	Vitamin B-6	Vitamin B-1 2∙
Monosodium	Sulphites	Nitrates

#### Additional Images









