



SEA LEGEND

050417 - Calamari Frz Tubes & Tentacles Dome

Fully Cleaned No Wing/Head Meat, 100% Net Weight, Sustainability Sourced, Wild Caught Product of USA, Nutrient Rich



* Benefits

Nutrition Facts

Servings per Container **10**
Serving size **4oz(113g)**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 260mg	86%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0µg	0%
Calcium 36mg	2%
Iron 2mg	11%
Potassium 70mg	1%

* 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

Squid, Water, Salt, Sodium Citrate (Stabilizer).

⚠ Allergens

Contains:

mollusks

Free From:

crustaceans shellfish eggs fish

milk peanuts sesame soy

tree nuts wheat

Handling Suggestions

Keep Frozen at 0°F or below

Serving Suggestions

Grill, Fry, Oven Bake

Prep & Cooking Suggestions

Thaw and Boil, Bake or Fry

📄 Product Specifications

Brand	Manufacturer	Product Category
SEA LEGEND	Lund's Fisheries Inc	Squid (Calamari) & Octopus

MFG #	SPC #	GTIN	Pack	Pack Desc.
SLBL00559	050417	10729926005599	4	4 / 1 / 2.5 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.5in	10.25in	5in	0.37ft3	12x12	730DAYS	0°F / 10°F



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Nutrition Analysis - By Serving

Calories	110kcal	Total Fat	2g	Sodium	50mg
Protein	17g	Trans Fats	0g	Calcium	36mg
Total Carbohydrates...	3g	Saturated Fat	0g	Iron	2mg
Sugars	0g	Added Sugars	0g	Potassium	70mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	260mg		
Vitamin A(U)	0µg	Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0µg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

