



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



Nutrition Facts

Servings per Container 48
Serving size 3oz(85g)

Amount per serving
Calories 110

% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 550mg	24%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes Added Sugar	%
Protein 11g	
Vitamin D	%
Calcium 20mg	2%
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.

* Benefits

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 350F.
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 165F.

📄 Product Specifications

Brand	Manufacturer	Product Category
PHILLIPS GOURME	Phillips Foods Inc	Squid (Calamari) & Octopus

MFG #	SPC #	GTIN	Pack	Pack Desc.
36323	003423	10070057363233	16	16 / 9.0 ONZ

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

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



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Nutrition Analysis - By Measure

Calories	110	Total Fat	0.5g	Sodium	550mg
Protein	11	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	0.72mg
Sugars	3g	Added Sugars		Potassium	
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	90mg		
Vitamin A(IU)•	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

