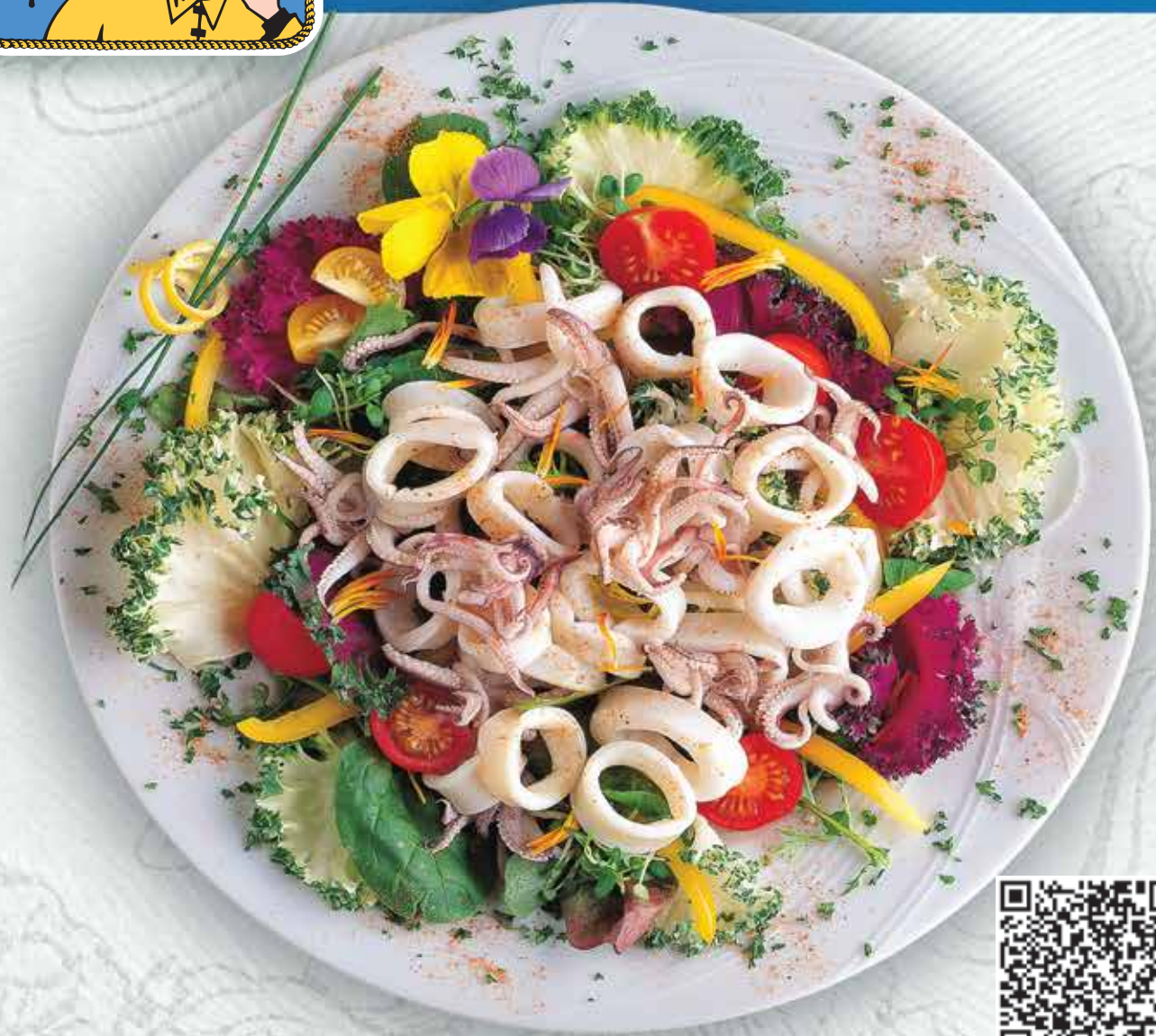




BLUE LABEL® BRAND
CALAMARI SQUID
PREMIUM
LOLIGO



Asian Calamari

Premium Loligo Squid

Our Fisherman's Pride Blue Label® Brand Calamari is caught in the deep pure water of the South China Sea. As the premier species of Calamari harvested from Asia, this product provides the most critical Chefs with a product that has pure white flesh, sweet natural flavor, very little shrinkage, tender texture, and very good cooking characteristics. Fisherman's Pride Blue Label® Brand is manually processed at our HACCP approved plants and supervised under the strictest of quality control guidelines to ensure you get consistent quality and value with every pound you purchase.

Asian Calamari

Premium Loligo Squid

TRY OUR SERVING SUGGESTIONS

Blue Label® Brand



Squid in Mushroom Sauce

- 2 ½ lbs. calamari
- ½ cup olive oil
- 1 garlic clove (chopped)
- 3 anchovy filets (chopped)
- 1 tsp. Italian parsley (minced)
- ½ cup dry white wine or dry vermouth
- 1 8 oz. can tomato sauce
- 4 oz. canned mushrooms with juice
- Salt and pepper (if desired)

Thaw and wash calamari. Cut squid into ½ inch rings. Heat olive oil in a saucepan; then add garlic, anchovies and parsley. While this sautés, pour in wine or vermouth. Add tomato sauce, salt, pepper and mushrooms. Add squid. Cover and cook over medium heat for about 10 minutes. Test squid with fork for tenderness. Makes 6 entree servings.

Nutrition Facts

Serving Size: 1/2 Cup (110 g)
Servings Per Container About 10

| | | |
|-------------------------------|-----------------------------|--|
| Calories 100 | Calories from Fat 15 | |
| | % Daily Value* | |
| Total Fat 1.5 g | 2% | |
| Saturated Fat 1.5 g | 0% | |
| Trans Fat 0g | 0% | |
| Cholesterol 255mg | 85% | |
| Sodium 50mg | 2% | |
| Total Carbohydrates 3g | 1% | |
| Dietary Fiber 0g | 0% | |
| Sugars -g | | |
| Protein 17g | | |

Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | | |
|---------------------|-----------|---------|---------|
| | Less than | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrates | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

| Code | Product Description | Country of Origin | Species | Packed | Net. Wt. | Gross. Wt. | UPC Code | Case Size | Case Cube | Ti x Hi |
|----------|------------------------|-------------------|------------------|-------------|----------|------------|-----------------|----------------------|-----------|--------------|
| 484-30 | 2-4" Tubes & Tentacles | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28860 4 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 485-30 | 2-4" Tubes Only | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28861 1 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 486-30 | 4-6" Tubes & Tentacles | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28862 8 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 487-30 | 4-6" Tubes Only | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28863 5 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 490-30 | 6-8" Tubes & Tentacles | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28864 2 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 491-30 | 6-8" Tubes Only | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28865 9 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 488-30 | Cut Rings Only | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28866 6 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 489-30 | Cut Rings & Tentacles | Product of China | Loligo Chinensis | 12/2.5 lbs. | 30 lbs. | 33 lbs. | 0 46994 28867 3 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| <hr/> | | | | | | | | | | |
| 484-10 | 2-4" Tubes & Tentacles | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28860 4 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 485-10 | 2-4" Tubes Only | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28861 1 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 486-10 | 4-6" Tubes & Tentacles | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28862 8 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 487-10 | 4-6" Tubes Only | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28863 5 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 490-10 | 6-8" Tubes & Tentacles | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28864 2 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 491-10 | 6-8" Tubes Only | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28865 9 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 488-10 | Cut Rings Only | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28866 6 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| 489-10 | Cut Rings & Tentacles | Product of China | Loligo Chinensis | 4/2.5 lbs. | 10 lbs. | 12 lbs. | 0 46994 28867 3 | 10" x 7.25" x 8.5" | 0.36 | 23 x 6 = 138 |
| <hr/> | | | | | | | | | | |
| 484-30/1 | 3-5" Tubes & Tentacles | Product of China | Loligo Chinensis | 30/1 lbs. | 30 lbs. | 33 lbs. | 0 46994 54325 3 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 485-30/1 | 3-5" Tubes Only | Product of China | Loligo Chinensis | 30/1 lbs. | 30 lbs. | 33 lbs. | 0 46994 54326 0 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 486-30/1 | 4-6" Tubes & Tentacles | Product of China | Loligo Chinensis | 30/1 lbs. | 30 lbs. | 33 lbs. | 0 46994 54327 7 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |
| 487-30/1 | 4-6" Tubes Only | Product of China | Loligo Chinensis | 30/1 lbs. | 30 lbs. | 33 lbs. | 0 46994 54328 4 | 20.75" x 12.75" x 6" | 0.92 | 7 x 8 = 56 |

"The pride of the industry"



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