

GREEN LABEL® BRAND
CALAMARI SQUID
PREMIUM
LOLIGO



Green Label® Calamari

Premium Loligo Squid

Fisherman's Pride Green Label® Brand Calamari is not only tasty and naturally tender, it is a gourmet's delight. Harvested just off the Peruvian coast, the catch is manually processed and frozen within hours. Our Green Label® Brand imported calamari is processed at our approved HACCP plants under the strictest of quality control guidelines for consistency and excellence.

"100% Net Defrosted Weight"

Green Label® Calamari

Premium Loligo Squid
TRY OUR SERVING SUGGESTIONS

Green Label® Brand

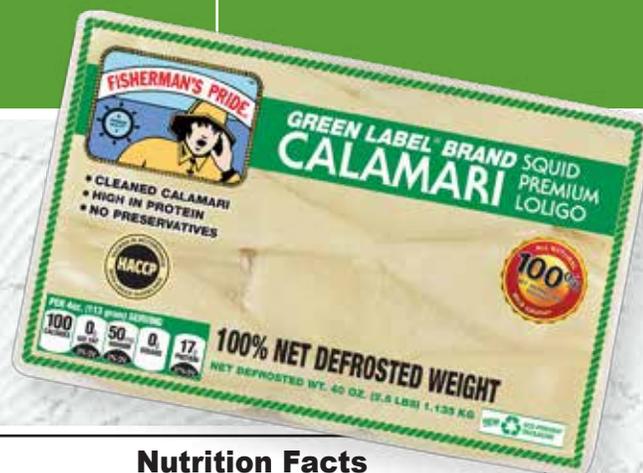
Stuffed Calamari

- 2 ½ lbs. calamari
- 2 cups bread crumbs
- 1 cup grated goat cheese
- ¼ cup chili peppers (finely chopped)
- 2 eggs (beaten)
- 3 cloves garlic (finely chopped)
- 1 tbs. allspice
- 1 tsp. salt
- 1 tsp. black pepper
- 2 cups white rice
- 1 can black beans
- Olive oil for basting

Thaw and wash calamari; set aside. To make stuffing, in mixing bowl add bread crumbs, grated cheese, chili peppers, garlic, allspice, salt, pepper and eggs. Mix well (if not moist enough, add water a little at a time – do not make soft). Put rice in sauce pan and add water to about ½ inch over rice. Cover and cook on low heat until water is absorbed. Fill calamari tubes with stuffing mixture, basting tubes and tentacles with olive oil. Place in baking pan. Sprinkle with salt, pepper, and bread crumbs. Cover pan with foil and bake in pre-heated oven at 350° for 20 minutes. Uncover and allow to brown for 5 to 10 minutes. Take black beans and fold into rice; place on platter and top with stuffed calamari and tentacles. Serves 6.

Squigetti Sauce

- 2 ½ lbs. calamari
- 1 cup water
- 1 cup onion (chopped)
- 2 cloves garlic (minced)
- 3 tbs. butter
- 1 (28 oz.) can crushed tomatoes
- 1 (6 oz.) can tomato paste
- 2 tbs. fresh Italian parsley (chopped)
- ½ tsp. dried oregano



Nutrition Facts

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

Amount Per Serving	Calories from Fat 15	% Daily Value*
Calories 100		
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 244mg	85%	
Sodium 50mg	2%	
Total Carbohydrate 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:

	Calories:	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

- ¼ tsp. fresh or dried basil
- Salt and black pepper to taste
- Dash of hot sauce

Thaw and wash calamari. Slice tube into ¼ inch rings, tentacles into small pieces. Meanwhile, bring water and salt to boil. Add calamari, cover and steam for 10 minutes stirring frequently. Set aside. In a separate saucepan, add butter, onions, and garlic. Sauté until tender but not brown, stir frequently. Add calamari and remaining ingredients. Cook for an additional 30 minutes or more over medium heat until calamari is tender. Stir frequently. Serve warm over pasta. Makes 6 servings.

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cut	Ti x Hi
434-30	2-4" Tubes & Tentacles	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28700 3	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
435-30	2-4" Tubes Only	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28701 0	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
436-30	4-6" Tubes & Tentacles	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28702 7	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
437-30	4-6" Tubes Only	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28703 4	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
430-30	6-8" Tubes & Tentacles	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28704 1	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
431-30	6-8" Tubes Only	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28705 8	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
438-30	Cut Rings Only	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28706 5	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
439-30	Cut Rings & Tentacles	Product of Peru	Loligo Gahi	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28707 2	20.75" x 12.75" x 6"	0.92	7 x 8 = 56

" 100% Net Defrosted Weight "



FISHERMAN'S PRIDE - Ruggiero Seafood, Inc.

P.O. Box 5369 - Newark, NJ 07105 - PH: 800-543-2110

www.ruggieroseafood.com

For more information, pricing, or to place an order, Contact us at 866-CALAMARI (225-2627) or e-mail us at info@ruggieroseafood.com"