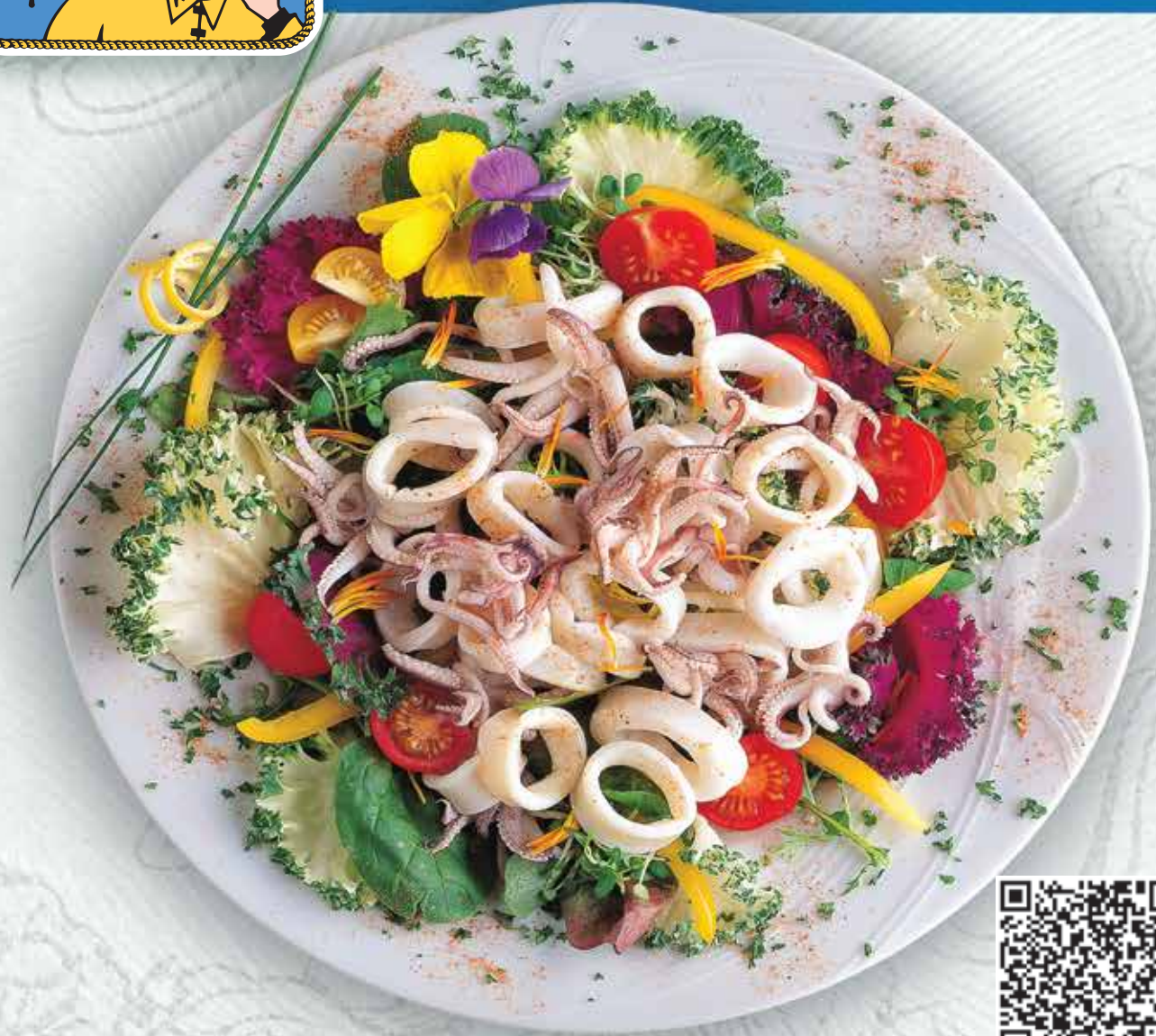




BLUE LABEL® BRAND
CALAMARI SQUID
PREMIUM
LOLIGO



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)
- 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
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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
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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
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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"



FISHERMAN'S PRIDE® - Ruggiero Seafood, Inc.

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